AN ODE TO A FANTASY

CREATOR OF FARSCAPE CHANNELS THE SHOW'S PASSIONATE FANS TO DEVELOP 'META' CONCEPTS IN HIS NEW SERIES, CULT PAGE 20

Learn how modernizing OLG can benefit you. Visit ModernOLG.ca

Sharon H.Boyce • Jan. 26 • Collingwood

LOTTO 649

$3.5 million winner

TORONTO metro®

Tuesday, February 19, 2013

News worth sharing.

metronews.ca | twitter.com/metrotoronto | facebook.com/metrotoronto

More jail time for gun crimes?

Landmark cases. Mandatory minimum sentences may harm some, Ottawa admits, but public safety is priority

A small group of people might be harmed by mandatory minimum sentences for gun crimes, but Parliament is entitled to deference in how it tries to enhance public safety, the federal government argues.

The point is one of many Ottawa is making in support of the thorny issue of mandatory minimums, as Ontario's highest court gets set to hear a number of landmark cases.

A special five-judge panel of the Court of Appeal for Ontario will consider the constitutionality of minimum sentences for several gun-crime laws in six cases that are set to be heard together from Tuesday to Friday.

The mandatory minimums were struck down in one case and upheld in the rest — though narrowly in one — and hearing all of them at the same time gives the court the opportunity to send a uniform message in a currently fragmented landscape.

Ontario's attorney general has carriage of the prosecution of these cases, but the federal government is adding its voice to the fight as an intervener.

The Canadian Civil Liberties Association, the African Canadian Legal Clinic and the John Howard Society are also intervening.

The Department of Justice arguments, as laid out in court documents, focus on the three-year mandatory minimum sentence for unlicensed possession of a loaded restricted or prohibited gun — weapons such as handguns, machine-guns and sawed-off shotguns.

The penalty, enacted in 2008 as part of a Conservative omnibus crime bill, raised the minimum sentence from one year.

An Ontario Superior Court judge struck down the law last year as unconstitutional, ruling that it constituted cruel and unusual punishment for Leroy Smickle, who was caught alone in his boxers in his cousin's apartment posing with a loaded handgun while taking pictures of himself to post on Facebook.

Do the crime, pay more time

3 years

The three-year penalty is not cruel and unusual, Ottawa argues, because anyone convicted had to knowingly possess a loaded, prohibited or restricted gun either without authorization or without a licence.

Critics in the legal community say mandatory minimums don't reduce crime and do more harm than good.

The federal government concedes in court documents that one of the potentially harmful effects of the law is that a "small number of offenders" will have to spend longer in prison than they would without the three-year minimum.

"Parliament, however, is entitled to take a sterner view of the seriousness of this offence, based on its appreciation of evolving social conditions and values," it wrote in court documents.

"It is also entitled to limit judicial discretion in pursuit of that goal. Parliament has sought to enhance public safety by deterring criminal misuse of firearms, and it is entitled to deference in pursuit of that objective."

In its court documents Ottawa details the rules and regulations surrounding gun ownership, particularly the very strictly regulated handguns.

"Licensing and registration of restricted and prohibited firearms serve an important public safety function because police have ready access to records kept in the Canadian Firearms Registry," the government lawyers wrote.

"This allows police to know whether or what kind of registered firearm might be present at a given place."

That argument is one that was used by police chiefs in support of keeping the long-gun registry, which the Tories scrapped last year. The registry still captures other firearms.

THE CANADIAN PRESS

TORONTO ACTIVIST SAYS COMMUNITY IS PART OF SOLUTION TO GUN VIOLENCE — PAGE 4

OOPS — HOLD YOUR APPAWS

Pot Roast crashes head first during an attempt to clear the bars at the Pawsway Family Day dog demo at the Harbourfront Centre on Family Day Monday, surprising the bulldog's handler, Joan Weston. Pot Roast is a member of the Woofjocks Canine Performance Team, one of many events that entertained families across the city. COURTESY LIGHT MONKEY PHOTOGRAPHY

There's no I in Wynne

Rookie Liberal premier is pledging to work with opposition leaders to improve the economy and avert an imminent election PAGE 6

His hair is long but his plans are short-term

Blue Jay Colby Rasmus says job security and a guaranteed future for his family are not weighing heavily on his mind as camp opens PAGE 36

MEMBERS GET

THE RE-INVENTED BLACKBERRY® Z10 WITH BENEFITS.

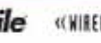
Get the re-invented BlackBerry Z10 with features like Time Shift to ensure the perfect shot. Plus, Virgin Mobile Members get Exclusive Access & Deals from our awesome partners.

BlackBerry

$139.99

IT'S BETTER TO BE A MEMBER

virginmobile.ca/blackberry



Limited time offer. One-time activation charge ($35) may apply to each line. Taxes extra. 911 monthly fees apply in NS ($0.6), NB ($0.6), PEI ($0.75), SK ($0.25) and QC ($0.6). Pricing is valid only on new smartphone activations on a 3-year term on a Pay-As-You-Go plan. Upon early termination, price adjustments apply, see our Service Agreement for details. Phone and some colours may not be available at retailers. See representative for details and restrictions. Sensor image simulated. Member Benefits subject to change/cancellation at any time without notice. © 2013 Research In Motion Limited. All rights reserved. BlackBerry®, RIM®, Research In Motion® and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. RIM assumes no obligations or liability and makes no representation, warranty or guarantee in relation to any aspect of any third-party products or services. Certain other product names, brand names and company names may be trademarks of their respective owners. The VIRGIN trademark and family of associated marks are owned by Virgin Enterprises Limited and used under licence. All other trademarks are trademarks of Virgin Mobile Canada or trademarks and property of the respective owners. © 2013 Virgin Mobile.

Group urges fewer police strip searches

TPS Board. Revised policy not good enough for watchdog, which argues number of 'humiliating' searches is too high

Coalition recommendations

- The coalition said officers should have to conduct less-invasive searches for potential weapons or other items before a Level 3 search is required. Sewell said officers should record reasons for conducting the more invasive search and require senior approval.
- The coalition will address the issue at a police services board meeting Tuesday afternoon, following reports from Chief Bill Blair on strip searches conducted during the G20 in 2010 and from board chair Alok Mukherjee on the proposed policy.

The Toronto Police Services Board will consider a revised policy for strip searches Tuesday, stating they "cannot be conducted simply as a matter of routine policy."

The recommendation also says that each time a strip (or Level 3) search is conducted, the officer must fully explain their reasons to the arrested person and record them.

But a police watchdog said the revised policy doesn't go far enough. The Toronto Police Accountability Coalition is asking the force to reduce the number of "unnecessary" and "humiliating" strip searches conducted by officers, citing new data that more than half of those arrested are subjected to such searches.

The coalition, headed by former mayor John Sewell, whose long history arguing this issue at the board is well documented, said the number of strip searches still conducted by police is "crazy" and unnecessarily invasive.

"Our organization thinks that the police are strip searching many, many thousands of people that they shouldn't be strip searching," Sewell said, citing 2011 numbers obtained through a Freedom of Information request that show 55 per cent of people detained are subjected to a Level 3 search.

Sewell said a Level 2 search — a "close frisk" involving an intimate pat down — should suffice, especially for those detained for non-violent crimes.

"We think in 95 per cent of the cases, that's what they could be doing," he said. "They don't pose any kind of a danger to themselves, to other people." TORSTAR NEWS SERVICE

All aboard for club's final ride

Last call for the Ontario Central Railway. Monday signalled the club's final day of railroad operations at the Liberty Village location, its home for 67 years, and Lt.-Gov. David Onley, right, was the first visitor of the day. The club will dismantle its current layout shortly and move to the St. Clair and O'Connor area, where it hopes to reopen in about two years. KEITH BEATY/TORSTAR NEWS SERVICE

Probe launched after baby wrongly declared dead

Humber River Hospital's Finch site, where a newborn girl was pronounced dead and then found alive by police Sunday. CONTRIBUTED/UNIVERSITY OF TORONTO

Humber River Hospital is investigating how a newborn girl was pronounced dead and left covered by a sheet, waiting for the coroner, until police officers noticed she was alive after all.

"The review is looking at all aspects of care provided in this case, including the extensive resuscitation efforts by hospital physicians and staff beginning in the ambulance itself when it arrived at the hospital," said hospital spokesman Gerard Power in a statement. "The review will be conducted in consultation with all appropriate agencies, including Toronto police and EMS. The Ministry of Health has been informed as well."

The incident began Sunday when a 20-year-old pregnant woman and her mother were walking to the hospital. They didn't make it in time, and the woman gave birth on York Gate Boulevard in the Jane and Finch area, according to police.

Officers and emergency services arrived and took them to the Humber River Hospital's Finch site, where the baby was pronounced dead.

"The two officers were guarding the body, awaiting the coroner, and noticed the baby wasn't dead," said Staff Sgt. Ian Lamond, with 31 Division.

Lamond did not know what led to the infant being pronounced dead.

"Certainly, if they hadn't have been there, noticed the child was alive and alerted the hospital staff, who knows what might have happened," Lamond said.

Police spokeswoman Const. Wendy Drummond said it was 90 to 100 minutes after the baby was pronounced dead that the officers saw the sheet that had been placed over the infant was moving. They checked for a pulse and found one, she said.

The infant is in stable condition, she added.

Deputy Chief Peter Sloly first announced the incident on Twitter, saying: "A #Toronto woman had a baby today but it was pronounced dead. 2 #TPS cops … saw the baby move, got a pulse + saved its life!" JESSICA SMITH/METRO

Get a Fresh Financial Start
Get Out of Debt - Without Bankruptcy - Without Loans
CALL THE Licensed Debt Professionals™ FREE CONSULTATION 310-9200
(NO AREA CODE NEEDED)

DAVID SKLAR & ASSOCIATES INC.
Licensed Credit Counsellors · Licensed Proposal Administrators · Trustee in Bankruptcy
www.DavidSklar.com
David Sklar
C.A., CIRP, Trustee

‘We are all implicated’: Activist

Lekan Olawoye, executive director of the For Youth Initiative, is calling on the community to help put an end to gun violence. VINCE TALOTTA/TORSTAR NEWS SERVICE

Gun violence. Three teen deaths lead director of For Youth Initiative to call for unorthodox solutions

JESSICA SMITH
jessica.smith@metronews.ca

Lekan Olawoye is calling for everyone to get involved in stopping youth gun crime in the wake of the shooting deaths of three 15-year-old Toronto boys.

“We are all implicated in the deaths of our young people,” he said Monday, one day after 15-year-old Jarvis Montaque was killed in Rexdale.

Olawoye, executive director of the For Youth Initiative and himself a Rexdale native, has been calling for some unorthodox solutions to violence.

“Go meet them where they’re at and put them in leadership positions,” said Olawoye on Monday. “If they’re hanging around the stairwells at the back of the building, go find them.”

Jarvis Montaque CONTRIBUTED

Tyson Bailey was fatally shot in a stairwell in Regent Park; St. Aubyn Rodney in his apartment near Jane and Finch; and Jarvis Montaque in front of his Rexdale townhome.

Olawoye said that after each death, young people get together in any place they can find to deal with what’s happened and they feel more frustrated and isolated.

“Young people feel very disillusioned, very frustrated because the same issues happen in the community,” he said. “I came into this work because I lost a lot of friends to gun violence. And I came in because I did not want it to happen to another generation. Unfortunately, it’s happening right now to another generation. The frustrations are consistent.”

The police investigations in all three unrelated shootings are ongoing and immediate causes aren’t clear, but to Olawoye it’s clear the overriding cause of youth violence is a lack of opportunities for youth in four areas: higher education, meaningful employment, social belonging and family.

He’s calling on community members, including parents and teachers, to be involved in creating “interventions” tailored to their individual communities to prevent violence, but backed with resources and a structure supported by all levels of government, business and labour.

The For Youth Initiative brought together representations from all of those groups in a Citywide Youth Anti Violence Taskforce for the first time on Jan. 29. He’s hoping that by bringing those groups together, they can come up with an anti-violence strategy that will work.

Chow wants stronger support for programs to curb gun violence

Trinity-Spadina MP Olivia Chow made a statement to the House of Commons calling for measures to stop gun violence on Jan. 12 after St. Aubyn Rodney was killed, and reiterated her call Monday after Jarvis Montaque’s death.

“There are some neighbourhoods, where you just need to create a sense of hope for young people,” she said.

Chow is calling for the Canada Summer Jobs program to become year-round and to make the Youth Gang Program permanent, instead of project-based, for projects that work.

Olivia Chow TORSTAR NEWS SERVICE

Federal funding for neighbourhood programs to curb youth violence usually runs out after two or three years, she said.

“So you’d do a program at Jane and Finch, get the trust of the neighbourhood and then the funding would get yanked. It happens over and over and over again. It’s a waste of resources, energy and it squanders the trust people have in programs that work for them.”

Chow also called for improvements to the national witness-protection program, and improved the markings on imported firearms so that law enforcement can trace them.

“We cannot get complacent,” she said. “It’s a 15-year-old for heaven’s sake. One after another.” JESSICA SMITH/METRO

Gun violence 2013

- **Jan. 18.** Tyson Bailey, 15, fatally shot in a stairwell of a Regent Park highrise. No arrests.
- **Jan. 23.** Kesean Williams, 9, fatally shot through the living-room window of his Brampton home, where he was watching television.
- **Feb 11.** St. Aubyn Rodney, fatally shot in his apartment in the Jane and Finch area. A 17-year-old boy has been charged with manslaughter.
- **Feb. 17.** Jarvis Montaque, fatally shot outside of his Rexdale townhouse. No arrests.
- **Feb. 17.** 17-year-old boy was shot in the torso in the Jane and Finch area. Police are searching for Jevaun Anthony Beharie, 18, who is wanted for attempted murder.
- **Feb. 17.** An 18-year-old man was shot in the leg near Jane and Church around 9:30 p.m.

porter
flying refined

Easy come, easy go – taking off from downtown Toronto has never been easier.

Located in the heart of downtown, Porter's home at Toronto City Airport is incredibly convenient. Plus, the airport is compact and modern, so you're never more than a hop, skip or a jump away from where you need to be.

Flights from Toronto: Book by February 20, 2013. One-way fares include all taxes, surcharges and mandatory fees.*
Fares starting from:

HALIFAX 6 x daily	MONCTON Daily	MONT TREMBLANT 13 x weekly	MONTRÉAL 17 x daily	OTTAWA 18 x daily	QUÉBEC CITY 3 x daily	SAULT STE. MARIE 4 x daily	ST. JOHN'S 3 x daily	SUDBURY 4 x daily
$231 Includes all taxes/fees	$186 Includes all taxes/fees	$163 Includes all taxes/fees	$163 Includes all taxes/fees	$157 Includes all taxes/fees	$163 Includes all taxes/fees	$175 Includes all taxes/fees	$271 Includes all taxes/fees	$157 Includes all taxes/fees
THUNDER BAY 5 x daily	TIMMINS 3 x daily	WINDSOR 3 x daily	BOSTON 7 x daily	CHICAGO 6 x daily	MYRTLE BEACH	NEW YORK 13 x daily	VERMONT	WASHINGTON Dulles 4 X daily
$186 Includes all taxes/fees	$175 Includes all taxes/fees	$145 Includes all taxes/fees	$214 Includes all taxes/fees	$224 Includes all taxes/fees	$298 Includes all taxes/fees	$174 Includes all taxes/fees	$172 Includes all taxes/fees	$214 Includes all taxes/fees

Book online, call 1-888-619-8622 or contact your travel agent. TTY – Dial "711".

flyporter.com

NEW! porter Escapes Save on air & hotel packages at porterescapes.com**

* Book by 11:59 pm Eastern Time February 20, 2013. Travel by June 26, 2013. Up to 21-day advance purchase may be required. Advertised fares are subject to availability and may not be available through the entire travel period. Full fare breakdown available for all itineraries on flyporter.com. Fares quoted are one-way outbound in Firm Class. Inbound fares may differ. New bookings only. Fares include all applicable government-imposed taxes and mandatory fees, which may amount to as much as $150 one-way per passenger, depending on routing. Foreign taxes will fluctuate based on the prevailing exchange rate. Fees for optional services, such as itinerary changes, additional baggage, advance seat selection, or certain special service requests, may increase overall cost. Fares are non-refundable but itineraries may be changed for a fee of up to $200 per person per direction, plus any fare differential. Other significant conditions (including a $20 second-checked bag fee and charges for overweight and/or excess baggage) may change without notice and are not guaranteed until ticketed. Contact your travel agent or Porter Airlines for more information. In case of any discrepancy between advertised fares and the fares shown on the website at the time of booking, the latter shall prevail.

** Porter Escapes is a TICO licenced company.

Wynne to seek 'common ground' in throne speech

'The Way Forward.' Premier's first address will also focus on job creation, social justice and transit

Premier Kathleen Wynne is heralding a new era of co-operation at Queen's Park as she faces the political reality of minority government that bedevilled her predecessor.

With MPPs returning to the legislature four months after retired premier Dalton McGuinty's prorogation, Wynne will use Tuesday's throne speech to tout "common ground with the opposition parties," according to the address, titled The Way Forward.

The Liberal premier, a former mediator, is pledging to work with Progressive Conservative Leader Tim Hudak and NDP Leader Andrea Horwath to improve the economy and avert an election.

"The government does not believe we are irreparably divided," the speech, to be delivered by Lt.-Gov. David Onley at 3 p.m., will say. "The people of the province expect all members of the Ontario legislative assembly to work together. It's what they want and what they deserve."

Wynne's speech emphasizes three priorities: job creation, focusing on youth; a "fair society," including improved home care for seniors and letting people on social assistance keep more of what they earn; and making the legislature work.

On Friday, Wynne said her ongoing dialogue with Hudak and Horwath since becoming Liberal leader on Jan. 26 has informed the throne speech.

"There are common touchpoints from conversations that we have had in the throne speech and so that's why I'll want to follow up with them after," Wynne said, insisting "social justice and fiscal responsibility are absolutely entwined."

Along with combating political gridlock, Wynne hopes to tackle the traffic problems throttling the GTA economy.

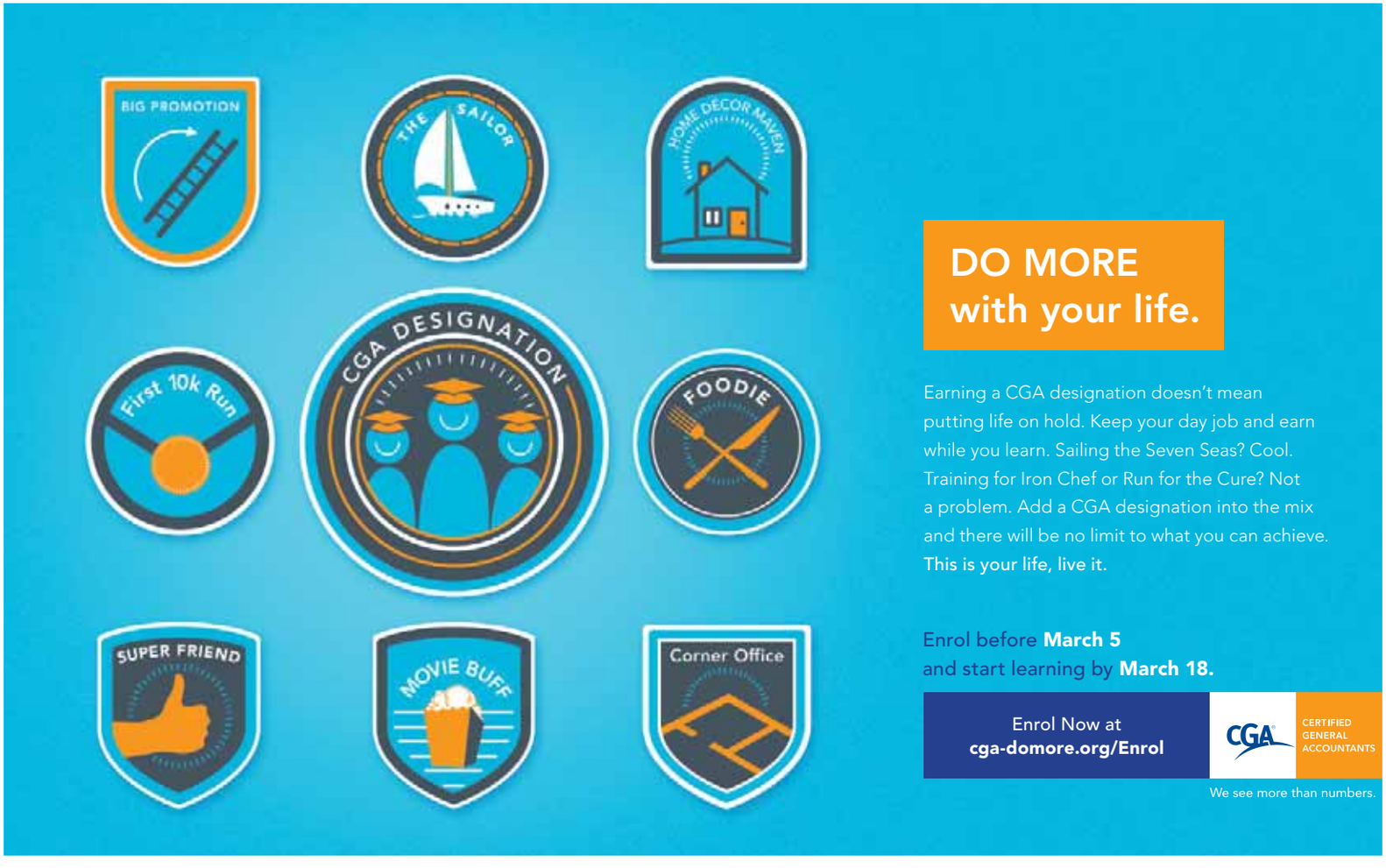
TORSTAR NEWS SERVICE

Notes on two scandals

- Sources say Wynne's speech makes oblique references to the ORNGE air-ambulance affair and the $230-million cancellation of gas plants in Mississauga and Oakville.
- Wynne says she plans to work with legislative committees probing the scandals.
- Tory Leader Tim Hudak, who frequently bumps into the premier when she jogs and he walks his dog in their North Toronto neighbourhood, praised her Monday for "re-establishing the committees that your predecessor suspended months ago."

Chalk one up for the farm team

City councillors joined throngs of families enjoying Riverdale Farm on Family Day Monday to announce a $25,000 matching donation by the W. Garfield Weston Foundation for the struggling farm. Funding for the farm, which receives roughly $500,000 a year to operate, was in jeopardy but the Riverdale Farm Coalition successfully pitched a business plan to council. The foundation will match every dollar the community raises, up to $25,000, Coun. Pam McConnell said. ALEX CONSIGLIO/TORSTAR NEWS SERVICE



DO MORE with your life.

Earning a CGA designation doesn't mean putting life on hold. Keep your day job and earn while you learn. Sailing the Seven Seas? Cool. Training for Iron Chef or Run for the Cure? Not a problem. Add a CGA designation into the mix and there will be no limit to what you can achieve. This is your life, live it.

Enrol before **March 5** and start learning by **March 18.**

Enrol Now at **cga-domore.org/Enrol**

CGA CERTIFIED GENERAL ACCOUNTANTS

We see more than numbers.

DOWNTOWN'S BEST VALUE

*Priced from $199,900**

- Steps to King West, the TTC, GO Train and Toronto City Airport
- 1 and 2 bedroom homes (386 – 1400 sq.ft.) in the evolving Fort York neighbourhood
- Timeless finishes and stainless steel appliances included

Presentation Centre:
35 Grand Magazine St, Toronto
Mon – Thur 12-6pm
Sat & Sun 12-5pm
(closed Fridays)

Onni group

416.260.2600
ONNI.COM

*Limited time offer. Subject to availability and certain terms and conditions. Prices and specifications may change without prior notice. Please see an Onni sales representative for details. E.&O.E.

At least 3,000 children died in residential schools: Study

Hard facts emerge. Disease the lead killer, ahead of malnutrition, fire, drowning, suicide

At least 3,000 children are now known to have died while attending Canada's Indian residential schools, according to new unpublished research.

While deaths have long been documented in the residential-school system, the findings are the result of the first systematic search of government, school and other records.

"These are actual confirmed numbers," Alex Maass, research manager with the Missing Children Project, told The Canadian Press from Vancouver. The number could rise as more documents come to light.

The largest killer, by far, was disease. For decades starting in about 1910, tuberculosis was a consistent killer. The Spanish flu epidemic in 1918-1919 also took a devastating toll: In one grim three-month period, the disease killed 20 children at a residential school in Spanish, Ont., the records show.

While statistical analysis has yet to be done, the records show children also died of malnutrition or accidents. Schools consistently burned down, killing students and staff. Drownings and exposure were other causes.

Many kids were physically, mentally and sexually abused. Some committed suicide.

Some died fleeing their schools, including four boys — two aged 8 and two aged 9 — in January 1937. A Canadian Press report from Vanderhoof, B.C., describes how the four bodies were found huddled together in slush ice on Fraser Lake.

The records reveal the numbers only fell off dramatically after the 1950s, although some occurred into the 1970s.

In fact, Maass said, student deaths were so much a part of the system, architectural plans for many schools included cemeteries laid out in advance.

Maass said researchers had identified 50 burial sites as part of the project.

About 500 of the victims remain nameless. Documentation was contained in Department of Indian Affairs year-end reports, which abruptly stopped in 1917.

"It was obviously a policy not to report them," Maass said.

THE CANADIAN PRESS

The system

In all, about 150,000 First Nations children went through the church-run residential school system, which ran from the 1870s until the 1990s.

- **Curriculum.** In many cases, native kids were forced to attend under a federal policy of "civilizing" aboriginal peoples.

A tin grave marker of a student from St Joseph's Indian school in Chapleau, Ont. ALEX MAASS/HANDOUT/THE CANADIAN PRESS FILE

Recruitment fund

Cops feel squeeze as program ends

The end of a federal program aimed at putting more cops on the street is threatening anti-gang squads and aboriginal police, and could stretch existing resources across the country, law enforcement officials say.

The $400-million Police Officer Recruitment Fund was set up in 2008 with the goal of adding 2,500 officers.

Chief Stephen Tanner, president of the Ontario Association of Chiefs of Police, predicted difficult times ahead as the funding ends.

He pointed particularly to shortfalls in aboriginal policing. Eleven officers will likely be cut from the 150-strong Nishnawabe-Aski Police Service, which polices impoverished small towns in Ontario's north.

"They may have to withdraw their services from one or two small communities," Tanner said.

That would place further strain on the OPP at a time when it's looking at cutting 125 officers, he said. He added that the force is already under the number required.

THE CANADIAN PRESS

FLIGHT CENTRE® Unbeatable

Airfares

Orlando $325
Travel Apr 3 - Apr 11/ws

New York Travel Apr 10 - Apr 17/ac	$309
Fort Lauderdale Travel Mar 21 - Mar 28/wg	$373
Bermuda Travel Mar 26 - Mar 31/ws	$391
Bahamas Travel Mar 17 - Mar 21/wg	$445
Costa Rica Travel Apr 10 - Apr 24/ua	$522
Cancun Travel Mar 27 - Apr 3/ts	$555
Belize Travel Mar 4 - Mar 11/wg	$675
London Travel Feb 28 - Mar 8/ts	$685
Paris Travel Jun 18 - Jun 26/ts	$767

Canada & USA

Niagara Falls Easter Weekend Family Special, 2 Nights
$44◊ pp
Crowne Plaza Niagara Falls
INCLUDES accom on Falls Ave attached to an indoor waterpark over Easter Weekend. Price per person based on family of 4. Travel Mar 29, 30/ggv. **UPGRADE** to 4-star Sheraton on the Falls for $6 per night. **ADD** Niagara Falls and the Lake tour for $93.

New York Air + 3 Nights 4-Star $495
Renaissance Hotel 57
INCLUDES Midtown Manhattan accom near Central Park. Departs Feb 28/wsv/ws.

Miami Air + 3 Nights $519
Marco Polo Beach Resort Ramada Plaza
INCLUDES Miami Beach accom. Departs Apr 9/ggv/ua.

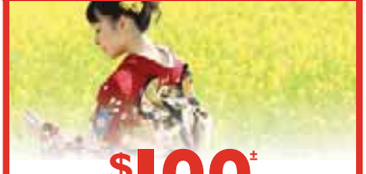
Las Vegas Air + 3 Nights 4-Star + Cirque du Soleil™ Tickets$^{\Omega}$ $530
Monte Carlo
INCLUDES airfare, airport transfers and 4-star accom on the Strip. **BONUS** choice of select Cirque du Soleil™ or other premium show tickets included$^{\Omega}$. Departs Mar 4/wsv/ws. **UPGRADE** with show tickets to 5-star Mandalay Bay for $19 per night.

All-inclusive Vacations

Varadero 7 Nights 4-Star
$835
Playa de Oro
Departs Mar 19/swg/wg.

Cayo Coco 7 Nights 4-Star Hotel Colonial Cayo Coco Departs Mar 19/swg/wg.	$865
Puerto Plata 7 Nights 4-Star Grand Paradise Playa Dorada Departs Mar 27/nol/ts.	$911
Punta Cana 7 Nights 4-Star Grand Paradise Bavaro Departs Mar 27/swg/wg.	$1045
Cancun 7 Nights 4-Star Oasis Palm Departs Mar 19/swg/wg.	$1122
Riviera Maya 7 Nights 4.5-Star Blue Bay Grand Esmeralda Departs Mar 19/nol/c6.	$1136
Jamaica 7 Nights 4-Star Sunset Jamaica Grande Departs Mar 15/sqv/ws.	$1180

Japan



$100± **Airfare Credit**
Book roundtrip airfare and a hotel to Japan by February 28th and receive $100± off!

Tokyo Airfare
$1322
taxes and fees included
Travel May 2 - May 29/ua

ADD Tokyo accom $83 per night
Shinjuku Washington
Travel May 1 thru May 30/ggv.

Japan. Endless Discovery.

flightcentre.ca More great deals online!

Visit us in store. 170 stores across Canada.

TEXT Join our Insider Club for hot deals. Text **YYZ** to **131 600**

24/7 **1 866 485 7092** 850 Travel Experts across Canada.

LOWEST AIRFARE GUARANTEE We will beat any airfare quote or you fly free!

All advertised prices include taxes & fees.

Conditions apply. Ex: Toronto. All advertised prices include taxes & fees. Air only prices are per person for return travel unless otherwise stated. Package, cruise, tour, rail & hotel prices are per person, based on double occupancy for total length of stay unless otherwise stated. All-inclusive vacations include air. pp=per person. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. ◊Family special price is per person for quad occupancy (2 adults & 2 kids ages 2-17). ±$100 airfare credit applies to new bookings only, made in-store with Flight Centre between February 1 - 28, 2013. Not valid on child or infant rates. Must book roundtrip airfare to Japan with a minimum 2 nights accommodation or escorted tour through Flight Centre. ΩOffer is valid only on new package bookings to select hotels, subject to availability, and cannot be combined with any other offer, promotion or discount. Limit 2 tickets per reservation. Tickets have no cash value and are non-transferable. Participants must be at least 21 years of age. For full terms and conditions, speak with a Flight Centre consultant. ™Offer expires Feb 21, 2013. vth/ts=transat, swg/wg=sunwing, aclacv/qk=air canada, wsv/ws=westjet, ua=united, ggv=gogo vacations, nol=nolitours, c6=canjet, sqv=sunquest. ‡We will beat any written quoted airfare by $1 and give you a $20 voucher for future travel. "Fly Free" offer applies only where all "Lowest Airfare Guarantee" criteria are met but Flight Centre does not beat quoted price. Additional important conditions apply. For full terms and conditions visit www.flightcentre.ca/lowestairfareguarantee-flyfree. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call 1-800-663-0200 for retail locations. ONT. REG #4671384

Dell recommends Windows.

The power to do more

It's your lucky day. Times three.

For just 72 hours, get great savings on select PCs and electronics.

15.6"

Inspiron™ 15

A thin, affordable laptop that fits your busy lifestyle, keeping you entertained and connected anywhere.*

Starting Price ~~$399.99~~*

$379.99* Total Savings $20*

E-Value™ Code: **OA15VP3**

- 2nd gen Intel® Core™ i3 processor
- Windows 8
- 4GB* Memory* & 500GB* Hard Drive
- Integrated Webcam with Microphone

15.6"

New

Inspiron™ 15R

For anyone seeking entertainment, versatility and mobility the Inspiron 15R delivers.

Starting Price ~~$549.99~~*

$499.99* Total Savings $50*

E-Value™ Code: **15OAMP3**

$14/mo[1]

- 3rd gen Intel® Core™ i5 processor
- Windows 8
- 6GB* Memory* & 500GB* Hard Drive
- Intel® Wireless-N with Bluetooth® 4.0

15.6"

Full HD 1080p

Inspiron™ 15R Special Edition

Built to give you the best in entertainment with a Full HD display and powerful 3rd gen Intel® Core™ processors.

Starting Price ~~$999.99~~*

$899.99* Total Savings $100*

E-Value™ Code: **15SEPR3**

$25/mo[1]

- 3rd gen Intel® Core™ i7 processor
- Windows 8
- 8GB* Memory* & 1TB* Hard Drive
- Intel® Wireless-N with Bluetooth® 4.0
- 2GB AMD Radeon™ HD 7730M DDR5 Graphics Card*
- Blu-ray Disc™ (BD) Combo

Inspiron™ 660

A powerful entertainment experience with high-performance processing and massive storage.

Starting Price ~~$549.99~~*

$479.99* Total Savings $70*

E-Value™ Code: **D660PR3**

- 3rd gen Intel® Core™ i5 processor
- Windows 8
- 8GB* Memory* & 1TB* Hard Drive
- 16 x DVD /-RW Drive
- McAfee SecurityCenter 15 month subscription

Add 1 year of Enhanced Support for **$59**

Dell™ 1TB External USB 3.0 Portable Hard Drive

Starting Price ~~$89.99~~*

$74.99* Total Savings $15*

SKU: **342-5537**

Easily and securely store your photos, movies and files.

Free shipping*

Take advantage of free ground shipping on PCs and electronics at **Dell.ca.** No minimum purchase required.

Easy returns*

Send it back within 30 days of your invoice date for a full refund, plus free shipping both ways. We'll even waive the restocking fee.

No interest for 12 months on PC purchases.

Pay in full before end of no-interest period* to take advantage. Conditions apply. Call or visit **Dell.ca/nointerest** for details.

Shop now at Dell.ca/deals or 866-402-9420

Offers valid 2/19-2/21/2013 unless otherwise noted.

Sign up for special deals and news at: Dell.ca/emailinsider

Follow us at: twitter.com/dellhomesalesca

Like us at: facebook.com/DellCanada

48-Month Installment Loan ("Loan") offered by Dell Financial Services Canada Limited on approval credit to eligible customers. Minimum transaction amount of $499 is required. No down payments required. Monthly payment amount set out in the ad is based on an Annual Percentage Rate (APR) of 11.99% and an amount equal to the advertised price for a specific product configuration. **If you are approved for a Loan, we will determine the APR for your Loan on the basis of our credit criteria and our assessment of your creditworthiness. Our current Loan APRs range from 11.99% to 28.99%.** *No interest for 6 months with minimum transaction amount of $399.75. Month No Interest Offer[1] is available for $2 Month's with minimum transaction amount of $1199.75; 12 Month No Interest Offer[2] each with the purchase of a Dell system and subject to certain conditions. Both No Interest Offers only available to individuals who enter into a Loan for qualifying purchases from Dell from February 1, 2013 until February 28, 2013, 11 pm EST. The no interest period starts on the day Dell ships the products to you (the "Start Date") and ends 6 months after that date for the 6 Month No Interest Offer or 12 months after that date for the 12 Month No Interest Offer ("No Interest Period"). To take advantage of either the 6 Month No Interest Offer or the 12 Month No Interest Offer, you MUST: (i) pay the full balance before the end of the No Interest Period, AND (ii) pay all monthly payments due before the end of the No Interest Period by their payment due dates. If you do not meet either of these conditions, you will be charged interest at the Annual Percentage Rate (APR) assigned to your Loan account and calculated daily from the Start Date. You may arrange a full payout by calling Dell at the number provided with your Agreement. Example of a Loan with an APR of 11.99%: $999 advanced, $35.70 monthly payment, total payable is $1,070.50, total cost of borrowing is $71.50. Example of a Loan with an APR of 28.99%: $999 advanced, $35.70 monthly payment, total payable is $1,070.50, total cost of borrowing is $71.50. Please contact Dell for more information. ***PRICES/ORDERS.** offers available only in Canada for specified time Period. E-value™ codes are loyalty codes and are not coupon or discount codes. To locate the statement with the advertised price please minimize or type the e-value™ code. Savings calculated on regular price offered by dell. Total value of a bundle equals aggregate of the regular price offered by dell on individual components. bundle savings represents difference between advertised price of bundle and total value. Prices do not include applicable taxes, shipping, handling, environmental, recycling and other surcharges. Information in this material subject to error. cancellation, change and substitution at dell's discretion at any time without notice. Dell reserves right to cancel orders arising from any errors and to limit quantities to 5 systems per customer. Offers not combinable with any other offers or discounts (i.e. limit 1 offer per eligible system). Certain products, configurations, colours and/or patterns may be limited in availability. **ERRORS** prices, offers, configurations and any other information in this material is subject to error, cancellation, change and substitution at dell's discretion at any time without notice. Dell is not responsible for typographic, photographic/pricing, printing or other errors. **DELL'S RETURN POLICY:** If you are the original purchaser who bought new products directly from Dell, you may return the products in as-new condition to Dell up to 30 days after you receive them for a refund of the product purchase price if already paid. If you are the original purchaser who bought reconditioned or refurbished products from Dell, you may return the products to Dell within 14 days after the date of packing slip or invoice for a refund or credit of the product purchase price. In either case, the refund or credit does not include any shipping and handling charges shown on your packing slip or invoice; you are responsible for these. For complete details, visit www.dell.ca/terms/contracts. **AVAILABILITY:** certain products, configurations, colours and/or patterns may be limited in availability. Customer terms and conditions: all purchases are subject to dell's customer agreement (notice dell's standard terms of sale, dell's limited hardware warranty terms and the applicable dell or third party service agreement. Copies available on request or at http://www.Dell.Ca/. **CD/DVD/BLURAY BURNERS:** discs burned with this drive may not be compatible with some playing drives and players, using drives/media provided, maximum compatibility. **GRAPHICS AND SYSTEM MEMORY SDRAM:** graphics and system memory may be allocated to support graphics, depending on system memory size and other factors. **HARD DRIVES:** gb means 1 Billion bytes and tb means 1 trillion bytes, actual capacity varies with preloaded material and operating environment and will be less. **OTHER SERVICE OFFERS:** Go to www.dell.ca/for service agreement and details. Some services provided pursuant to a contract between customer and third party. **MCAFEE SECURITY CENTER:** this offer is only available when purchased at point of sale and is not available after you purchase your system. **INTEL:** Ultrabook, Celeron, Celeron Inside, Core Inside, Intel, Intel Logo, Intel Atom, Intel Atom Inside, Intel Core, Intel Inside, Intel Inside Logo, Intel vPro, Itanium, Itanium Inside, Pentium, Pentium Inside, vPro Inside, Xeon, Xeon Phi and Xeon Inside are trademarks of Intel Corporation in the US and/or other countries. **MICROSOFT:** Microsoft, MS and Windows and the Windows logo are either registered trademarks or trademarks of the Microsoft group of companies in the United States and/or other countries, Inc. **BLUETOOTH:** The Bluetooth word mark and logos are owned by the Bluetooth SIG, Inc. and used by Dell Inc. under license. **BLU-RAY DISC:** Blu-ray Disc and the Blu-ray Disc logo are trademarks of Blu-ray Disc Association. **OTHER:** all other Trademarks are the property of their respective owners. © 2013 Dell Inc. All rights reserved. The example organizations, products, domain names, e-mail addresses, logos, people, places and events depicted herein are fictitious and no association or connection there with is intended or inferred.

Shiites protest in Pakistan after 89 killed

Sectarian attacks. Latest in a string of violence against Muslim sect sparks outrage against government inaction

At least 15,000 Shiite Muslims took to the streets in southwest Pakistan on Monday in a second day of protests following a bombing that killed 89 people. Relatives of the victims refused to bury their loved ones until the army takes action against the militants targeting the minority sect.

Meanwhile, militants wearing suicide vests and disguised as police officers attacked the office of a senior political official in northwest Pakistan, killing six people, police said.

Pakistan has been besieged by militant attacks in recent years, many of them carried out by the Pakistani Taliban, who have been waging a bloody insurgency against the government. Radical Sunni militant groups have also increasingly targeted the country's Shiites because they do not view them as real Muslims.

Many of these sectarian attacks have occurred in southwest Baluchistan province, which has the largest concentration of Shiites in Pakistan. Many are Hazaras, an ethnic group that migrated from Afghanistan over a century ago.

The bomb that ripped through a produce market Saturday in Baluchistan's provincial capital of Quetta was the second mass-casualty attack targeting Shiites in the city in a little over a month. A double bombing of a billiards hall in January killed 86 people.

The death toll from the most recent blast, which was caused by a bomb hidden in a water tank, rose to 89 on Monday after eight people died of their wounds. THE ASSOCIATED PRESS

A police officer grieves Monday outside a hospital over the deaths of his colleagues killed in a bombing in Peshawar, Pakistan. SOHAIL IQBAL/THE ASSOCIATED PRESS

FALL IN LOVE
With BlackBerry® Again
Create that picture perfect shot every time with the new Time Shift feature.
Switch your BBM™ chat to BBM™ Video and talk face-to-face with your loved ones.[2]
BlackBerry® Balance™ perfectly balances your device between work and play.
BlackBerry® Z10
WAS $139.99
NOW $39.99[1]
SAVINGS OF $100
with 3-year FLEXtab™ agreement on select plans after $100 bill credit[1] for first 15 customers
BlackBerry® Z10 (black & white)
FREE premium box of chocolate with your purchase
HURRY IN TODAY while quantities last.
ROGERS
Lifestyle COMMUNICATIONS
(Avenue & 401) 1905 Avenue Road North York, ON 416-784-9400
(Yonge & 16th) 9196 Yonge Street Richmond Hill, ON 905-764-0310
(King & Bathurst) 662 King Street W Toronto, ON 416-628-4000
(Dundas & Dufferin) 1461 Dundas Street W Toronto, ON 416-560-3600
(Danforth & Broadview) 272 Danforth Avenue Toronto, ON 416-646-1010
(St. Clair & Yonge) 2 St. Clair Avenue E Toronto, ON 416-934-1313
(St. Clair & Lansdowne) 1348 St. Clair Avenue W Toronto, ON 416-651-2000

Cyclist bloggers. Round-the-world journey ends fatally in Thailand

A British couple's round-the-world cycling odyssey ended in tragedy when both of them were killed in a road accident in Thailand.

Peter Root and Mary Thompson, who had been chronicling their journey in the blog Two on Four Wheels, died Wednesday when they were hit by a pickup truck in a province east of Bangkok, Thai police said Monday.

The couple, both 34 and from Guernsey in the Channel Islands, left Britain in July 2011 and had cycled through Europe, the Middle East, Central Asia and China.

The trip was a once-in-a-lifetime experience for the couple, who met in art school and spent six years saving money and planning their journey, Peter's father Jerry Root told The Associated Press in an interview.

"They were both inspirational," Root said. "They didn't just talk about it, they did it. I couldn't be prouder of them."

He said they were both experienced cyclists who knew the rigours and risks of extended bicycle travel.

"What helps me is to think of how happy they were with each other. They were leading the life they wanted to," he said.

THE ASSOCIATED PRESS

British couple Peter Root and Mary Thompson, both 34, were killed in Thailand last week. JERRY ROOT/THE ASSOCIATED PRESS

Russia

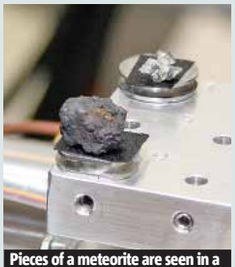
Scientists recover meteor fragments

Scientists have found more than 50 tiny fragments of a meteor that exploded over Russia's Ural Mountains, and preliminary tests are turning up information about its contents.

However, local residents seem more interested in the black-market value of the fragments. As they search for their own pieces of the meteor, sales offers already are filling the Internet, and police are warning all purchasers to prepare for possible fraud.

The meteor — which injured nearly 1,500 people and caused widespread property damage in Chelyabinsk city on Friday — was the largest recorded space rock to hit Earth in more than a century.

THE ASSOCIATED PRESS



Pieces of a meteorite are seen in a lab in Yekaterinburg, Russia, on Monday. THE ASSOCIATED PRESS

Man charged with slapping toddler loses job

Minneapolis-Atlanta flight. Accused man was president within aerospace company

A man charged with slapping a toddler on a Minneapolis-to-Atlanta flight is out of a job, his former employer said Sunday.

Joe Hundley, 60, of Hayden, Idaho, is no longer an employee of AGC Aerospace and Defense Composites Group, Daniel Keeney of DPK Public Relations confirmed Sunday night.

Al Haase, president and CEO of AGC, issued a statement that, while not referring to Hundley by name, called reports of behaviour by one of its executives on recent personal travel "offensive and disturbing" and said he "is no longer employed with the company." Keeney would not say whether Hundley was fired or resigned.

Hundley was charged last week in federal court with simple assault for allegedly slapping the two-year-old during the Feb. 8 flight. His lawyer said Hundley will plead not guilty. The charge carries a maximum penalty of a year in jail.

The boy's mother, Jessica Bennett, 33, told the FBI their flight was on final descent when her 19-month-old son started to cry. Hundley "told her to shut that (N-word) baby up," an FBI special agent said in a sworn statement. She said Hundley then slapped him in the face, scratching the boy below his right eye, causing him to scream even louder.

Bennett told television stations the incident has caused her family a great deal of trauma and that her son had turned wary of strangers.

Hundley appeared drunk and complained that her son was too big to sit on her lap, Bennett said. "He reeked of alcohol.... He was belligerent, and I was uncomfortable."

Bennett said she was shocked by the slur she says Hundley used. "And I said, 'What did you say?' because I couldn't believe that he would say that," she told WCCO-TV. "He fell onto my face and his mouth was in my ear and he said it again but even more hateful. And he's on my face, so I pushed him away."

Bennett and her husband are white, while Jonah, whom they adopted, is black.

THE ASSOCIATED PRESS

AGC statement

"We wish to emphasize that the behaviour that has been described is contradictory to our values, embarrassing and does not in any way reflect the patriotic character of the men and women of diverse backgrounds who work tirelessly in our business."

Proving men's credibility?

A French father demanding visiting rights with his son climbed down Monday from his protest perch atop a crane, which was painted with a French phrase meaning "Save our children from justice." But he said it will be a long time before divorced dads are seen as credible single parents and get the same rights in France as mothers. Serge Charnay halted his four-day protest after Justice Minister Christiane Taubira met with SOS Papa, an activist group for divorced fathers.

DAVID VINCENT/THE ASSOCIATED PRESS

Michigan

Truck hits racing sled-dog team

Police in Michigan say no citations will be issued after an Ontario man driving a pickup truck struck a dog team competing in a sled-dog race.

One sled dog is dead and two are injured following the Sunday morning crash.

State police determined the crash involving the team of Frank Moe was an accident.

Police say the pickup driver slowed and had the right of way but was unable to avoid the dogs on M-28 in Alger County.

Moe saw the truck but was unable to stop in time.

THE ASSOCIATED PRESS

Muskoka River

Snowmobiler dead after falling through ice

A 48-year-old snowmobiler is dead after going through the ice late Sunday night in the Muskoka region.

Provincial police say Edward Dehaan of Smithville, and three other male snowmobilers took a wrong turn while heading back to their cottage from dinner in Lake of Bays Township around 11 p.m.

Const. Lynda Cranney says the group got lost control while driving on an inlet and ended up plunging into open water in the Muskoka River.

THE CANADIAN PRESS

TIRED OF DEALING WITH CAT ALLERGIES?

There are millions of Canadians that struggle with cat allergies everyday.

Topstone Research is looking for individuals between 12-65 years old who have cat allergies to participate in a research study.

Compensation will be provided for your time and travel expenses.

TOPSTONE

CALL NOW

Topstone Research at

1-855-867-5577 or visit:

ihatemyallergies.com

Paralympic superstar Oscar Pistorius was charged Thursday with the murder of his girlfriend Reeva Steenkamp, pictured at a photo shoot, who was shot inside his home in South Africa. ICE MODEL MANAGEMENT/THE ASSOCIATED PRESS

'Just like that, she is gone': Victim's mom

Blade Runner. Family of model who was allegedly murdered by Paralympian superstar talks to newspaper

The family of Oscar Pistorius' slain girlfriend wants answers, her mother told a Johannesburg newspaper, as South Africans braced to hear why prosecutors believe a national hero murdered the model, who was shot multiple times.

June Steenkamp, Reeva Steenkamp's mother, told The Times in a front page interview published Monday: "Why? Why my little girl? Why did this happen? Why did he do this?"

"Just like that, she is gone," the newspaper quoted her as saying. "In the blink of an eye and a single breath, the most beautiful person who ever lived is no longer here."

Pistorius, who remains in custody in a red-brick, one-storey police station in Pretoria, is set to return to court Tuesday for the start of his bail hearing.

It will be the first opportunity for the prosecution to describe evidence police gathered against the 26-year-old double-amputee runner.

Prosecutors allege the killing was premeditated.

THE ASSOCIATED PRESS

Global Reach. Innovative Programs. Diverse Perspectives.

Schulich MBA

Schulich School of Business York University | YORK UNIVERSITÉ UNIVERSITY

"Schulich's rich learning environment comes from both faculty and students' multidisciplinary approach to management education. The **diversity of specializations,** sectors and global experiences enable us to explore issues from a **wide range of perspectives** in the classroom."

Moren Lévesque
Professor of Operations Management and Information Systems
Certified General Accountants of Ontario
Chair in International Entrepreneurship

Diverse Perspectives.

Multiple approaches to private, public and nonprofit sectors. International students and faculty. Focus on economic, social, ethical and environmental issues to gain a career advantage. Experience Schulich.

www.schulich.yorku.ca

Schulich Programs: MBA, Accelerated MBA, International MBA, MBA/JD, MBA/MFA, MBA/MA, MPA, MF, MSc (Business Analytics), MAcc

Study Options: Full-Time, Part-Time Evenings, Days and Alternate Weekends

MBA/IMBA INFORMATION SESSIONS

Tuesday, February 26, 6:00 pm – 7:30 pm
Schulich School of Business, 4700 Keele Street

EXPERIENCE SCHULICH 2013 *Special Event*

Saturday, March 2, 9:30 am – 3:00 pm
Schulich School of Business, 4700 Keele Street

To register: www.schulich.yorku.ca/infosessions

Schulich Leads in Rankings Schulich is ranked in the world's top tier of business schools by *The Economist* (#16 in the world); *Forbes* (10th best non-US school); *Bloomberg Businessweek* (14th best non-US school); The Aspen Institute, a US think tank (#2 in the world in Social and Environmental Leadership); and *Expansión* (#20 in the world) in their most recent global MBA surveys. The Schulich MBA is also ranked #1 in Canada by *The Economist*, *Forbes*, The Aspen Institute and *Expansión*.

WHITE

This season's lust have.

iPhone 4S (16 GB)

WAS $79.99

NOW $0[1] with 3-year FLEXtab™ agreement on select plans

Also available in black.

iPhone 4 S

VISIT your local Rogers store

CONNECT EXCITING TALK FRIENDS CHAT ACCESS SURF text NETWORK TALK SHARE RELIABLE LIFE TEXT FIRST FREEDOM EXCITING FAST ACCESS CONNECT FREEDOM LIFE NETWORK CHAT CONNECT EXCITING FRIENDS

ROGERS™

Lifestyle COMMUNICATIONS

(Avenue & Hwy 401)
1905 Avenue Road
North York, ON
416-784-9400

(Danforth & Broadview)
272 Danforth Avenue
Toronto, ON
416-646-1010

(Yonge & 16th)
9196 Yonge Street
Richmond Hill, ON
905-764-0310

(St. Clair & Yonge)
2 St. Clair Avenue E
Toronto, ON
416-934-1313

(King & Bathurst)
662 King Street W
Toronto, ON
416-628-4000

(St. Clair & Lansdowne)
1348 St. Clair Avenue W
Toronto, ON
416-651-2000

(Dundas & Dufferin)
1461 Dundas Street W
Toronto, ON
416-560-3600

(Kingston & Victoria Park)
944 Kingston Road
Toronto, ON
416-402-8500

Offers available until Feb. 19, 2013 while quantities last and subject to change without notice. 1 With new activation or hardware upgrades on any 3-year talk, text and internet plan having min. $45 monthly service fee. Device Savings Recovery Fee and/or Service Deactivation Fee (as applicable) apply in accordance with your service agreement. FLEXtab balance corresponds to the sum of the Device Savings Recovery Fee and the Additional Device Savings Recovery Fee. A one-time activation fee up to $35 (varies by province) may apply. ©2013 Rogers Communications.

Russian revenge

Abducted politician buried in concrete

Authorities say the body of a Russian lawmaker has been found in a garage, cemented in a barrel. Another politician has been accused of ordering the killing over an $80 million debt.

Mikhail Pakhomov, 37, went missing last week. He was a member of the local legislature in Lipetsk, a city some 350 kilometres south of Moscow, and was last seen when three unidentified men pushed him into a car and drove away.

Russia's Investigative Committee says Yevgeny Kharitonov, a former provincial official, is being held on suspicion of ordering the killing of Pakhomov.

THE ASSOCIATED PRESS

LIFE INSURANCE
Mortgage Insurance / Line of Credit Insurance
Do you have Mortgage Insurance or Line of Credit Insurance with a BANK?
COMPARE & SAVE UP TO 50% ... LOWEST RATES GUARANTEED!
For Instant QUOTE: Visit www.henriquesfinancial.com
Monthly Premium for a 10 year Term (Renewable & Convertible) Preferred Plus Non Smoker

Age	$100,000		$250,000		$500,000	
	Male	Female	Male	Female	Male	Female
30	11	9	13	11	19	15
40	13	11	16	13	24	19
45	16	13	23	17	33	22
50	17	13	32	24	52	36
65	61	41	146	94	285	183

Also available: Life Insurance without medicals!
Other Plans: Term 20, 25, 30, Term 100, Whole Life, Universal Life, Critical Illness and Disability Insurance, Health & Dental, Visitor's Plans, RRSP and RESP
Brokers representing Manulife, BMO, RBC, Canada Life, Industrial Alliance, Foresters, CPP, Empire Life, ING Bank, Desjardins ...
Now also Available 1st & 2nd Mortgage, Refinance, Renewal, Debt Consolidation, Self-employed, Rejected by bank, New Immigrants
Pls. Call: Guilroy or Rahul (Henriques Financial Inc.)
Tel: 416-898-8889 / 905-282-0800 / 1888-744-9418 (24/7)
Email: henriquesfinancial@rogers.com Website: www.henriquesfinancial.com
Mortgages provided by a licensed mortgage agent at C.M.D. Canada Mortgage Brokers Inc. # 10154/ M06000408

Rootin' tootin' bubble toy bursts school safety rules

Kelly Guarna and her five-year-old daughter, Madison, pose for a portrait in Mount Carmel, Pa., where the kindergartener was suspended for threatening schoolmates with bubbles from a Hello Kitty toy. JIMMY MAY/THE ASSOCIATED PRESS

Zero tolerance. High-profile grade-school suspensions over perceived threats renew questions about policy

Waiting in line for the bus, a Pennsylvania kindergartener tells her pals she's going to shoot them with a Hello Kitty toy that makes soap bubbles. In Massachusetts, a five-year-old boy attending an after-school program makes a gun out of Legos and points it at other students while "simulating the sound of gunfire," as one school official put it. Kids with active imaginations? Or potential threats to school safety?

Some school officials are taking the latter view, suspending or threatening to suspend small children over behaviour their parents consider perfectly normal and age-appropriate — even now, with schools in a state of heightened sensitivity following the mass shooting at Sandy Hook Elementary in December.

Maryland father Stephen Grafton said common sense was in short supply in a case involving his six-year-old son, who he said was suspended from school, along with a second child, for using their hands as "guns" during recess.

Grafton said administrators were criminalizing play. He said he told his son he shouldn't shoot pretend guns, "but it was a difficult conversation to have because he didn't do anything wrong."

THE ASSOCIATED PRESS

Quoted

"It's horrible what they're doing to these kids. They're treating them as mini-adults, making them grow up too fast, and robbing them of their imaginations."

Kelly Guarna, whose five-year-old daughter, Madison, was suspended by Mount Carmel Area School District in eastern Pennsylvania last month for making a "terroristic threat" with a bubble gun.

TAX SAVINGS WORKING FOR YOU
Helping create jobs and growth for Canadians.

Hiring Credit for Small Business

Up to $1000 on EI premiums

Children's Arts Tax Credit

Up to $75 per child

Family Caregiver Tax Credit

Up to $300

First-Time Home Buyers' Tax Credit

Up to $750

Tradesperson's Tools Deduction

Up to $500 from income

Take advantage of these and other tax savings. File your return online and get your refund faster.
Visit cra.gc.ca/TaxSavings

Government of Canada Gouvernement du Canada
CANADA'S ECONOMIC ACTION PLAN
Canada

Taxpayer-funded PR. Focus groups don't think much of Ottawa's pro-energy ads

Focus-group testing on what the Harper government calls its Responsible Resource Development campaign found the advertising to be light on facts but uplifting and patriotic, according to a government-commissioned study.

The fruits of that taxpayer-funded labour will again be on display this spring as a second wave of ads — designed to persuade Canadians of "the importance and impact of Canada's energy sector" — hits the air.

Natural Resources Canada has budgeted $9 million in the current 2012-13 fiscal year for ads that show a cross-section of resource industries in a job-friendly and environmentally sensitive light.

It's a carefully calibrated exercise. Conservatives have been courting controversy for more than a year with a high-octane battle over pipeline development and changes to environmental laws designed to speed up major resource projects, including oil sands extraction.

Last summer, NRCan hired Leger Marketing to fine-tune the government's proposed advertising campaign. The Leger report, posted last week by Library and Archives Canada, details how original concepts for the ad campaign failed to impress a dozen focus groups spread across six Canadian cities.

The government campaign was undermined earlier this month when the federal environment commissioner issued a report stating Ottawa isn't doing enough to monitor mining, offshore drilling and hydraulic fracturing, nor are regulators equipped to deal with major oil spills and West Coast tanker traffic.

THE CANADIAN PRESS

This web page, found on actionplan.gc.ca, outlines what the Harper government calls its Responsible Resource Development campaign. THE CANADIAN PRESS

Big Mac attack. Hackers tell whoppers on Twitter

Somebody hacked Burger King's Twitter account on Monday, posting obscene messages and changing its profile picture to a McDonald's logo.

The tweets stopped after a little more than an hour, and Burger King said it had reached out to Twitter to suspend the account. A Twitter spokespersoan did not immediately respond to a phone message left on Monday.

Burger King, which usually tweets several times a week, said it was working to get the account back up. Typical tweets promoted sales on chicken sandwiches, or asked how many bites it takes to eat a chicken nugget.

But just after noon Eastern time on Monday, someone tweeted via Burger King's account, "We just got sold to McDonalds!" They also changed the icon to rival McDonald Corp.'s golden arches and the account's background picture to McDonald's new Fish McBites.

About 55 tweets and retweets followed over the next hour and a quarter, including some that contained racial epithets, references to drug use and obscenities. The account tweeted: "if I catch you at a wendys, we're fightin!"

THE ASSOCIATED PRESS

This screen grab shows what Burger King's Twitter account looked like on Monday after it was apparently hacked. THE ASSOCIATED PRESS

Launch rumoured

Can PlayStation 4 put some life back into home gaming?

It's been six years and counting now since the arrival of the PlayStation 3 — pretty much an eternity in tech years — but the wait may be at an end. Will Wednesday be the day that Sony announces PlayStation 4?

While there's yet to be any official word, observers have been busy predicting what the long-awaited new system might be like.

It could feature a new control with touch-pad capabilities like the PS Vita. It could allow more than one user to log in at the same time. It will likely have a more advanced motion support system, and be able to stream games and content.

One thing is a fact: PlayStation 4 will be Sony's attempt to put some interest back into the home-gaming market and to quash rivals Nintendo and Microsoft, especially in the U.S.

"PlayStation 4 could potentially help reignite some interest in the retail console gaming market and top systems, much of the thunder of which has been stolen by smartphones, tablets and alternative gaming devices," said Scott Steinberg, a gaming industry consultant.

MICHELLE CASTILLO/ METRO WORLD NEWS

ALLERGIC ASTHMA

DO YOU FEEL YOUR ASTHMA NEEDS BETTER CONTROL DESPITE REGULAR USE OF THE INHALERS??

YOU MAY BE ELIGIBLE TO PARTICIPATE IN A CLINICAL RESEARCH STUDY USING A NEW ADD ON INVESTIGATIONAL DRUG WHICH MAY IMPROVE YOUR OVERALL ASTHMA CONTROL

THE STUDY INVESTIGATOR IS A LICENSED PHYSICIAN

YOU MAY BE COMPENSATED FOR YOUR TIME & TRAVEL

PLEASE CALL:
DR. A. CHEEMA @
CHEEMA RESEARCH INC.
MISSISSAUGA
(Near Dundas and Cawthra)
905 566 1200

ROCHON | GENOVA LLP
BARRISTERS – AVOCATS

DISABILITY CLAIMS?

Have you been denied or cut off from your long or short–term disability insurance benefits? We can help you!

• Free Consultation • No payment until claim is settled

Call: 416-363-1867
www.rochongenova.com

In 1 year become a
✔ PARALEGAL or
✔ LAW CLERK
classes start March 25th

Many law firms are hiring to keep pace with client demands. Herzing College offers a one year LSUC-accredited Paralegal program and Law Clerk program that include internships to meet these demands.

Why Choose Herzing College?
- Educating students in Toronto since 1968
- Internship with every diploma program
- Excellent full-time Career Development Department
- Instructors with industry experience
- Program includes field trips and guest speakers
- Presentation Centre for student mock trials and Guest Speakers
- Resource Library
- Conveniently located in the Toronto Eaton Centre
- Student Loans & Grants available if you qualify
- No classes on Fridays!

Join us on facebook.com/herzingtoronto

Contact Herzing College today!
HERZING COLLEGE
1-888-NEW CAREER
1-888-639-2273
Herzing.ca/Toronto | infotoronto@herzing.edu

Cash House™
You Can Count On Us!

TAX TAG
We TAG it! We CASH it! Get The Most From Your Return

Tax Filing
$39.99
Student & Senior Filing
$19.99

For helpful tips on filing taxes visit us at
WWW.CASHHOUSE.CA

Questions: taxtag@cashhouse.ca

9 LOCATIONS TO SERVE YOUR TAX NEEDS

Rogers & Caledonia, 325 Rogers Road, Toronto, ON, M6E 1 R5, 416.653.9404
Bass Pro Mills, 80 Bass Pro Mills Drive, Unit 11, Vaughan, ON, L4K 5W9, 905.760.1015
Sherbourne & Bloor, 565 Sherbourne Street, Unit 21, Toronto, ON, M4X 1W7, 416.927.1960
Yonge & Wellesley, 561 Yonge Street, Unit 103, Toronto, ON, M4Y 1Z2, 647.348.0800
Weston Road & 401, 2101 Weston Road, Toronto, ON, M9N 1X7, 416.241.5246
Dufferin & Eglinton, 2348 Dufferin Street, Toronto, ON, M6E 3S4, 416.780.0105
Keele & Sheppard, 3342 Keele Stret, Toronto, ON, M3J 1L5, 416.630.2760
Bathurst & Wilson, 3852 Bathurst Street, North York, ON, M3N 3N4, 647.350.0300
Rathburn & Tomken, 925 Rathburn Road, East Mississauga, ON, L4W 4C3, 905.281.0505

GOD BLESS AMERICA AND ITS UNLIMITED BREAD STICKS

SHE SAYS...
Jessica Napier
metronews.ca

I am a self-appointed restaurant snob. The establishments I frequent usually don't seat more than 30 diners and are regularly featured on best-of lists. And yet somehow I recently found myself at an Olive Garden in upstate New York.

We arrived at 5:55 p.m., an ungodly dinner hour for most urbanites, only to be told that the wait would be an hour and a half. Evidently, this wasn't just THE place to eat in Cheektowaga on a Saturday night. It was also the only place to eat.

I settled in at the bar and ordered myself a supersized glass of wine and drank in the surroundings — this was my first Olive Garden experience after all. Between the throngs of cross-border shoppers and teenaged couples, I noticed the walls were lined with black-and-white photographs of wrinkled Italian nonnas who had surely never been anywhere close to a strip mall off I-90.

Made in America

Walls were lined with black-and-white photographs of wrinkled Italian nonnas who had surely never been anywhere close to a strip mall off I-90.

Eventually, we were seated at a table with six extra-wide chairs equipped with wheels, presumably because some people are not physically capable of lifting themselves out of their seats after consuming deep-dish bowls of cheese ravioli. When our eager-to-please server arrived, I noticed that she was wearing a green button emblazoned with the word "hospitaliano," a portmanteau describing the chain restaurant's unique brand of fauxtalian friendliness. Overwhelmed with the laminated booklet full of menu options, I asked her what she recommended. The effervescent 20-year-old lived up to her button mantra and told me to order anything I wanted and she'd make it happen.

I couldn't help drawing comparisons to my favourite no-reservations, no-substitutions authentic Italian restaurant in Toronto where the servers, most of whom look impossibly cool and beautiful, scorn anyone who dares to ask about customizing their meal. It's a masochistic dining experience in which you as the customer are never right and should feel lucky to even snag a spot in the restaurant. In most cases, that spot is upon an uncomfortable stool positioned so close to fellow diners you'll be elbowed in the ribs constantly while they snap photos of their Mason-jar tiramisu.

And yet here I was, lounging in a double-wide rolling chair stuffing my face with reasonably priced penne. After 90 minutes, I found it impossible to hold my body up straight and was just one bite of cheesecake away from smearing a greasy bread stick on my seat to help myself slide out of my chair.

As I lurched out of the restaurant, the crowds were continuing to stream in. My inner foodie cringed but I had to admit there was a certain appeal. I don't care how sophisticated your palate is, everyone can appreciate a hefty quantity of cheesy carbohydrates for just $11.95 US.

Follow Jessica Napier on Twitter @MetroSheSays

Chain-restaurant food for a change. JESSICA NAPIER/METRO

Life's a converted air-force hangar

SEAN GALLUP/GETTY IMAGES

Sunny side of winter

Indoor beach lures sun seekers

Without a cloud in the sky, this beach is the perfect place to relax.

The Tropical Islands resort in Krausnick, 60 kilometres south of Berlin, welcomes up to 6,000 visitors a day who are keen to shed their winter wear for bikinis and trunks. Located on the site of a former Soviet air base, the indoor resort occupies a hangar first built to house airships. METRO

Not quite an island

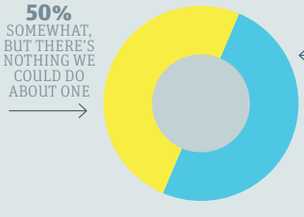
- **Size.** 360 metres long, 210 metres wide and 107 metres tall — New York City's Statue of Liberty could stand inside it, and Paris' Eiffel Tower could lie across it.
- **No sky, no problem for sun seekers.** Special translucent panels in the south side of the roof allow UV light to shine through.
- **Constant temperature.** 26 C inside compared to -20 C outside.

A Malaysian leisure investment consortium saw life in the old hangar and reopened it as an indoor tropical resort in 2004.
SEAN GALLUP/GETTY IMAGES

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Do you fear a meteor strike?



Twitter

@BasaBasa: Mr. Buss will go down in global sports franchise history as they best owner ever in any league for his commitment to winning; L.A. Lakers

@jhochman14: Hate to say it, but it would be rather fitting that the demise of the Lakers' franchise would coincide with the death of Jerry Buss

@rajbmanian: snow still on the ground #toronto-winter is never ending #timeforsoup

@giordanoconnie: I don't think there is anything better than a Monday that feels like a Sunday! #FamilyDay

@BrandonReitsma: When my mom starts crying cuz I'm only in this house for one more year #college #toronto #BladerGang

metro

President and Publisher Bill McDonald • **Editor-in-Chief** Charlotte Empey • **National Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Toronto** Tarin Elbert • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar • **Distribution Manager** Steve Malandro • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Marketing & Interactive** Jodi Brown • **Vice-President, Finance** Phil Jameson • **METRO TORONTO** 625 Church St., 6th Floor Toronto ON M4Y 2G1 • **Telephone:** 416-486-4900 • **Fax:** 416-482-8097 • **Advertising:** 416-486-4900 ext. 316 • adinfotoronto@metronews.ca • **Distribution:** toronto_distribution@metronews.ca • **News tips:** toronto@metronews.ca • **Letters to the Editor:** torontoletters@metronews.ca

HUMBER
The Business School

Advertising – Media Management
Alternative Dispute Resolution
Event Management
Fashion Management & Promotions
Financial Planning
Global Business Management
Human Resources Management
International Development
Marketing Management
Public Administration

10 WAYS TO LAUNCH YOUR CAREER

FIND YOUR NICHE WITH A POSTGRAD IN BUSINESS.

business.humber.ca/postgrad

M&M'S® SPOKES CANDIES CALL IT QUITS!

Red and Yellow shock fans with resignation letter.

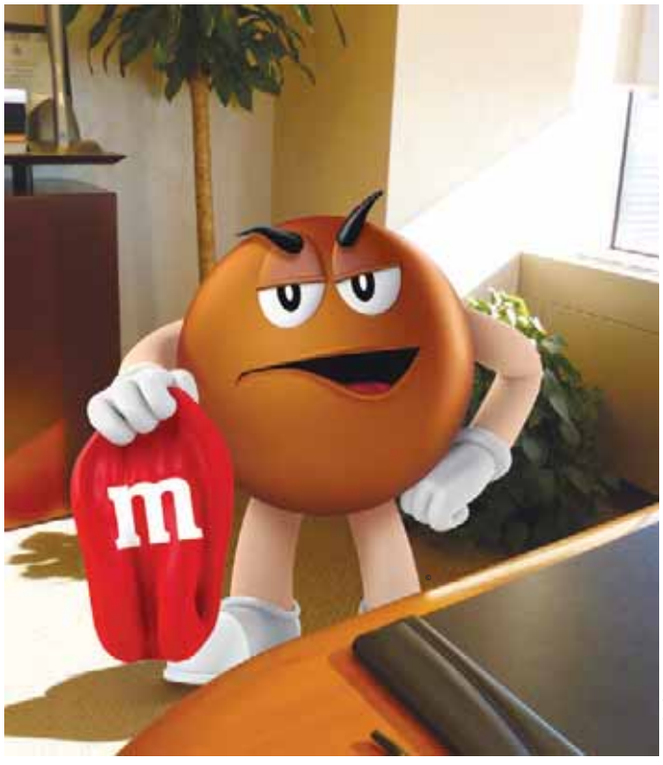
Milk chocolate lovers across the country today are mourning the loss of *M&M'S* iconic spokes candies Red and Yellow, following Tuesday's public announcement that they are hanging up their '*M*'s' and parting ways with the *M&M'S* team immediately to avoid being eaten.

"Those two have been with us for almost 60 years, so it came as a real shock" said *M&M'S* Chief Chocolate Officer Ms Brown, following the leak of Red and Yellow's resignation letter to the press on Friday. "But don't forget – the rest of us *M&M'S* spokes candies deal with the same problem everyday. Worse, I always get people smirking at me because they think I'm naked!" she continued.

The rant-filled resignation letter – which can be read in its entirety on facebook.com/mmscanada and on twitter @mmscanada – is quite abrasive and aggressive, complicating the possibility of any reconciliation. In their letter, the former spokes candies cite their daily fear of being eaten, among other things, as the main reason for resigning – going so far as to blame Canadians for their untamed love of milk chocolate.

Most *M&M'S* fans have been reacting to their departure with disappointment. "I loved Red and Yellow. You can't replace those two. It just won't be the same without them" says Craig Brandon, longtime *M&M'S* fan. Others are angry. "What the heck! This is how you thank your fans?" complains Jennifer Machey. And meanwhile, some people seemed confused. "Does this mean they're hiring? My grandson needs a summer job" said a man by the name of 'Bugsy'. As for the other *M&M'S* spokes candies – they wouldn't return our calls.

The departure of Red and Yellow as the mascots of the *M&M'S* brand has sparked speculation as to who will take over leading the corporate image. When asked if the company plans to promote from within or hire outside to fill the role of Red and Yellow, a company PR agent responded,



"I loved Red and Yellow. You can't replace those two. It just won't be the same without them."

Says Craig Brandon, longtime M&M's fan.

"You have to understand the position we're in now. Red and Yellow broke the mold. It's going to be very hard to fill their shoes, and that's not candy-coating it." Reactions on twitter have linked to leaked images of potential mascots sporting colours like Maroon and Sea Foam. The PR agent would not comment on the leaked images at this time.

Red and Yellow have since been spotted roaming around without their iconic '*M*' emblazoned candy shells on.

Perhaps it hasn't yet dawned on them that they are now naked. Whatever the case may be, one thing is for certain – the former *M&M'S* mascots have achieved celebrity status over the years and will surely be missed. Keep following this breaking news story as it unfolds at facebook.com/mmscanada and @mmscanada on twitter.

DVD review

Argo

Director. Ben Affleck

Stars. Ben Affleck, Bryan Cranston, John Goodman

Ben Affleck's thriller revisits the 1980 "Canadian Caper" rescue of six U.S. diplomats from Iran and declares it was really a covert American CIA operation all along, one with Tinseltown glitter and car chases. Argo tells this whopper of a tale with style, wit and a level of excitement designed for Oscar and succeeds, picking up seven nominations, including best picture. Does it matter that Affleck's movie, based on Chris Terrio's script, bears about as much resemblance to the real story as a red Twizzler does to a strawberry? Perhaps not, if the crunch of your popcorn can drown out the sound of discarded facts swirling the drain, as so often happens when Hollywood meets history. Despite these and other criticisms — the film is chock full of stereotypes and clichés — Argo is undeniably entertaining. Extras include a director's commentary and several making-of featurettes.

PETER HOWELL

Four eligible bachelors compete to win the affection of one woman through wining, dining and adventurous dates. HANDOUT

Don't make these big date mistakes

Courting with class. Come Date With Me's Wilder Weir offers some basic etiquette tips for meet-ups

Wilder Weir, host of Oh So Cosmo and an eligible bachelor on the upcoming W Network series, Come Date With Me, gives the male take on some of the biggest mistakes women make on a first date, or on dates in general.

Texting/constantly checking her smartphone

Going on a date can be an insecure situation for anyone. Nowadays when things get awkward or scary, human nature is to bury your head into your phone like a petrified ostrich. In order to escape reality people will re-check empty email inboxes or scroll through hundreds of sepia-toned "selfie" pictures on Instagram, but on a date put your phone away for a few hours! Nothing says "this date is boring" like checking your Facebook between sips of wine at a dinner table. Unless you're sending out a mass emergency text about your location details because you suddenly realize you recognize your date from an episode of America's Most Wanted and are worried your face is going to end up on the side of a milk carton, put down your phone. I don't care if you feel uncomfortable and are one awkward silence away from trying to get to the last level of angry birds, you're being rude. So, please, don't text a real time play-by-play of your date to your best friend — save it for later.

Talking about an ex

No matter how secure your date is, he doesn't want to hear about your ex-boyfriend who was A) a doctor B) a professional athlete or C) worked with kids. File this idea within the first five dates, under "U" for useless information. Talking about an ex will only create more questions that you likely don't want to answer or possibly make your date bored. Don't get me wrong, I know this is sometimes hard to do, especially fresh out of an old relationship because that person you broke up with was a big part of your life. However, bragging about your ex will only make him wonder why he broke up with you in the first place. Trust me, the only thing I want to hear about your ex is summed up perfectly by Taylor Swift: "We are never ever ever getting back together."

Watch it

Come Date With Me, which sees four men or women compete for the heart of an eligible bachelor or bachelorette, premieres Wednesday night on W Network.

Too many drinks

All of this advice can apply to men and women on dates, but this is particularly good advice for both sexes. Yes, drinking may make you feel temporarily invincible, but one too many and the next thing you know you're acting out your favourite temper tantrum from Toddlers in Tiara's and turning yourself into a sexual Hiroshima.

METRO

Basic Cable and Digital Box required for On Demand programming. On Demand not available in all areas. Programming subject to change without notice. Argo © 2012 Warner Bros. Entertainment Inc. All rights reserved. © 2013 Rogers Communications.

Cult premieres on CTV Two tonight. HANDOUT

Cult creator no stranger to dealing with obsessed fans

New series. Rockne S. O'Bannon, the man behind Farscape, used his experiences with that show to inspire his latest project

NED EHRBAR
Metro World News in Hollywood

The new mystery series Cult follows investigative journalist Jeff Sefton (Matt Davis) as the disappearance of his brother leads him into the dark underworld of rabid, cult-like fans of a hit TV show called ... Cult. Which is about a cult with a charismatic leader named Billy Grimm who is played by an actor named Roger Reeves, who is played in real life by Robert Knepper. Still with us?

"What was interesting to me was to try to create a show that was truly unique, was truly different. And in doing so, yeah, it can make it a little harder to explain and describe," creator Rockne S. O'Bannon admits. "It's also a show with a lot going on, and I have a great deal of faith and trust in the audience to be able to hook into that. But we're very aware that we have a complex, multifaceted show going on, and we're trying to keep it as clear in our heads as possible."

TV veteran and Farscape creator O'Bannon is no stranger to obsessed fans, he admits.

"The origin of the show actually did come out of my Farscape experience, where I witnessed the kind of incredible fan passion for a show and the ability of fans to kind of find each other through social media and connect up," he says. "It started me thinking what if the show were something with a little bit (of a) darker edge and what kind of fans would that then draw?"

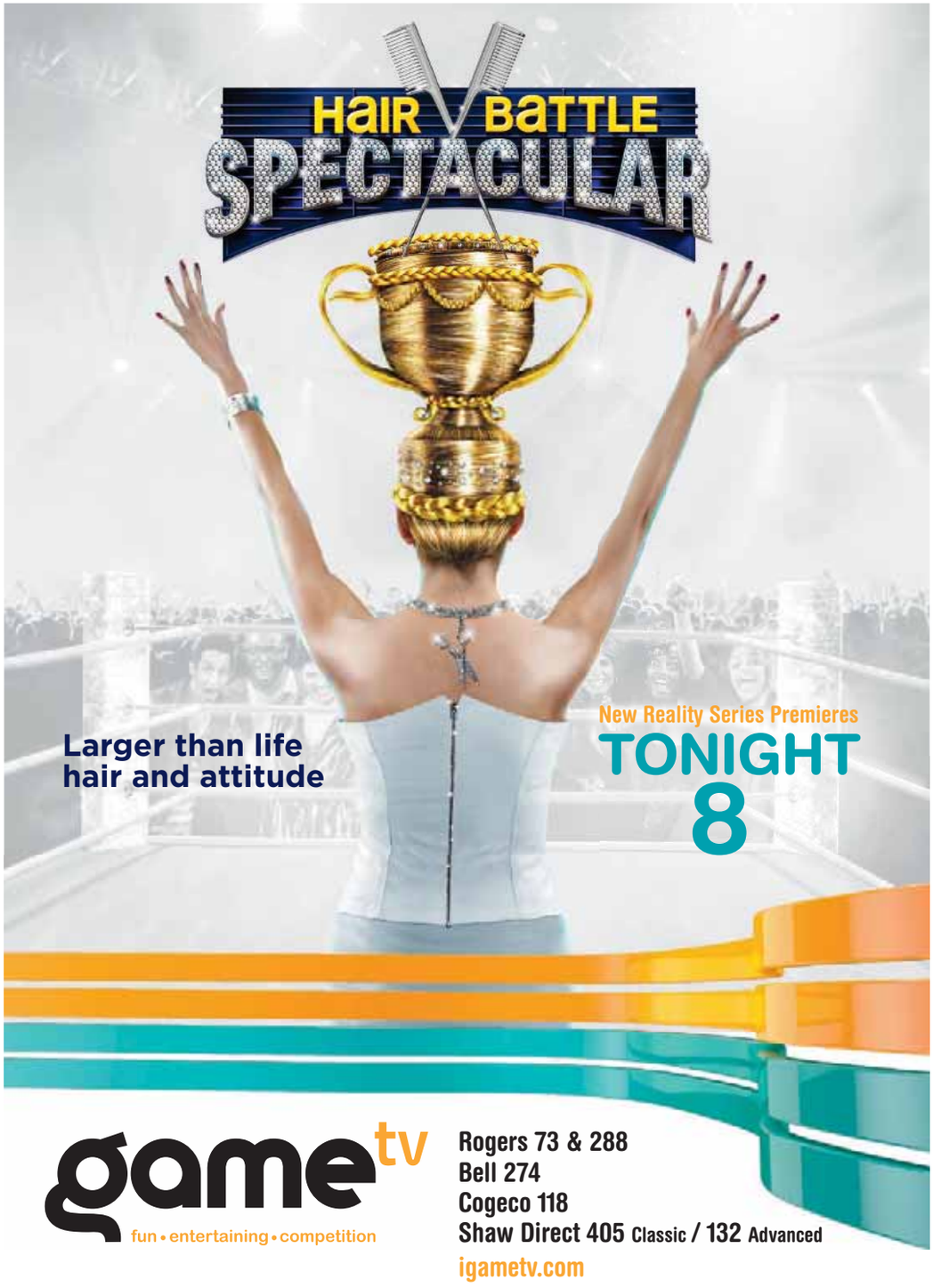
Multi-layered mysteries and disappearances are one thing, but the show-within-a-show conceit also gives O'Bannon and his writers chances for inside jokes that play with the audience even more. For instance, the actual show ends with a "created by" credit for Steven Rae, the name of the creator of the fictional Cult. (Eagle-eyed fans might notice that Rae is also the pseudonym O'Bannon has used for some less respectable entries on his resumé, like the 1995 TV movie Deadly Invasion: Killer Bee Nightmare.)

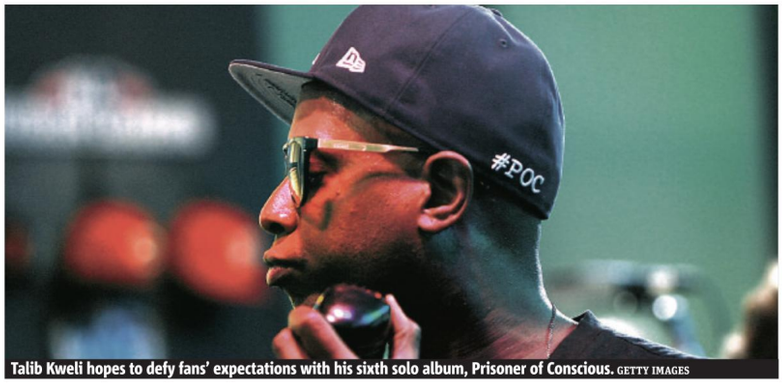
"From our perspective, there is nothing too meta," O'Bannon says.

"For me in creating Cult, one of the things that I really got excited about was how to create a visceral experience for the audience and really try take the glass away from between the television show and the audience, take away that control. So to me, the very fact that the creator of the show, Steven Rae, inside the show is Steven Rae, part of the fun of it is the fact that we're actually incorporating what normally is the return of the audience back to the real world and keeping that as part of the entertainment. So I'm hoping that the audiences will hook into that and kind of go along for the ride."

But is there any fear of life imitating art, of Cult fans becoming obsessed enough with the show to start acting out like the fans of the show within the show? While that would suggest some intense ratings for the new series, O'Bannon thinks that idea might be a bit too far-fetched. "We obviously hope that the show is incredibly effective and creates that kind of visceral experience for the audience, but I don't know that it has the power to go quite that far," he says.

When asked if the network has a contingency plan for a rash of Cult-inspired kidnappings, O'Bannon's answer is refreshingly simple: "No."





Talib Kweli hopes to defy fans' expectations with his sixth solo album, Prisoner of Conscious. GETTY IMAGES

Riding a new wave and going with the tide

New album. MC talks about the double-edged sword of super fans and his constantly evolving creativity

G. VALENTINO BALL
Metro World News

If Brooklyn MC Talib Kweli wanted, he could rest on the legacy of his past work. His solo debut, Quality, Reflection Eternal, his collaboration with producer/DJ Hi-Tek and his Mos Def & Talib Kweli Are Blackstar with Mos Def (now known as Yasiin Bey) are seen as classics that influenced a generation of rhymers. But riding a nostalgia wave is not his style.

Kweli has been delivering creatively since the start of his career with a near constant stream of music and touring. With his sixth solo album, Prisoner Of Conscious, which includes guest spots from Melanie Fiona, Kendrick Lamar, Miguel, Curren$y and Busta Rhymes, he hopes to defy his hardcore fans' expectations. But does having fans so connected to the classics burden him creatively?

"It's a blessing that people feel that way. It does become a challenge," says Kweli.

"So you have to go with the tide."

No purchase necessary. Contest open to residents of Canada and certain other countries worldwide who are thirteen (13) years of age or older. Odds of winning depend on the number and caliber of eligible entries received. One (1) Grand Prize is available to be won, consisting of a trip to see Justin Bieber perform and meet Justin Beiber (approximate retail value of $5,000 USD). Skill testing question required. Contest closes February 28, 2013 at 12,00AM CET. To enter and for complete contest rules visit www.facebook.com/metroint. Contest sponsors are Metro International S.A. together with its local Metro subsidiaries around the globe. The contest is in no way sponsored by Free Daily News Group Inc. or Pizza Pizza Limited. Neither Free Daily News Group Inc. nor Pizza Pizza Limited is responsible for this contest or its prize(s).

Need to see a Doctor?
Check our Walk-in Wait Times online at
www.appletreetoronto.com
20 locations providing both walk in services and ongoing family medical care
647-722-2370
Appletree Medical Group
Physicians Working Together for Better Health Care

Friday Club for Frail Seniors
Coffee, tea and conversation! Trivia, movies, gentle exercise, and more! Other programs as well
Stretch 'n' Relax, Art, Rubber Bridge, Day Trips, Pub Days …all at Senior Adult Services!
341 Bloor St W, 2nd Fl.
(Bloor W & St. George)
416.923.8909
SENIOR ADULT SERVICES in the Annex

CHOPPED CANADA
IS CASTING NOW!
FOOD NETWORK CANADA IS LOOKING FOR CANADA'S CULINARY CHAMPIONS. DO YOU HAVE THE SKILLS TO SURVIVE THE CHOPPING BLOCK?
CHOP CHOP! SUBMIT YOUR APPLICATION!
APPLY AT **www.foodnetworkcanada.ca/castingcall** FOR YOUR CHANCE TO COOK YOUR WAY TO THE **$10,000 PRIZE!**
food network
PAPERNY ENTERTAINMENT
Food Network is a trademark of Television Food Network G.P - used with permission

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Fertile Fergie fesses up to having lovely baby bump

THE WORD
Dorothy Robinson
scene@metronews.ca

Fergie has some new, growing lovely lady lumps — it was announced yesterday via Josh Duhamel's Twitter that the couple are expecting.

"Fergie and Me and BABY makes three," he wrote. Fergie, 37, followed suit: "Josh and me and BABY makes three!!!" she tweeted, with the hashtag #mylovelybabybump.

Duhamel has been talking about fatherhood for a while. "It'll happen," he told USA TODAY while promoting his new film, Safe Haven. "It's happening.

But every three months she's pregnant (in the press). If she gets a little paunch everyone thinks she's pregnant. It's like well thanks, they're basically calling you fat.

"But like my mom said, well, if she's been pregnant as long as everyone says that she is, well then we're going to have a baby elephant. We're on our own schedule with that."

Brooke Shields ALL PHOTOS GETTY IMAGES

Supportive stars Shielded Brooke from the bad side of the biz

Brooke Shields knows why she succeeded in staying on the straight and narrow as a child star while so many like her were led astray. "I would get invited to Studio 54, but I'd leave before all the craziness and drugs happened," she says in an interview with Haute Living magazine. "I never saw the bag passed around. Andy Warhol and all those guys were very sweet to me. There was something about me that they wanted to protect and uphold."

Twitter

@ABFoundation
Fox TV reporter followed me down street, walking my dogs. He tripped and fell. My doorman said, "I'm your witness! You didn't push him!"

@Joan_Rivers
Reading about all those people stranded aboard the Carnival Triumph. The passengers on the Titanic had a better time on their trip.

@realjeffreyross
Last night on the phone my buddy @bobsaget told me his eyelid was infected and when I woke up today mine was too. Theories?

@charliesheen
hashtag hash browns! hashtag flash clowns! hashtag crash frowns! hashtag mash gowns! hashtag porpoise fur hashtag please stop Charles

CINEPLEX
ULTRAAVX
AUDIO VISUAL EXPERIENCE
• MASSIVE SCREEN • MIND-BLOWING SOUND
• VIVID COLOURS • RESERVED SEATING
NOW OPEN AT
CINEPLEX ODEON YONGE & DUNDAS
CINEPLEX ODEON WINSTON CHURCHILL
FEATURING
BRUCE WILLIS
A GOOD DAY TO DIE HARD

A good day to workout hard

Jai Courtney. Actor who plays Bruce Willis' son in new Die Hard instalment talks to Metro about the movie that made him buff

ROMINA McGUINNESS
Metro World News

Jai Courtney says while he had to get fit for his role in the new Die Hard, he loves beer and pizza too much to take the gym too seriously. SUBMITTED

You totally upstage Bruce Willis in this movie. How does he feel about that? He must be mad, no?
Oh gosh! I don't know. You might have to ask him.

I'm not speaking to him. You can tell me.
He's the star. I will always respect that. I certainly have no intention of upstaging him.

Did you and Bruce train together? Did he teach you any good moves?
I learned a lot from him. But Bruce has a lot to think about. He didn't have time to worry about coaching me. There are a lot of people, who are paid a lot of money, standing around to do that.

There's a lot of running and jumping out of windows — I tried counting the amount of cars you guys crashed...
Do you want to know the amount?

Sure.
108.

And how many of those did you crash?
A couple. It was an epic car chase.

Did you have to get in shape for the role?
A little bit. It made sense to. I'm not a gym junkie. I've had to get in shape for a few gigs and I enjoy having to do that.

Was that for your role as the gladiator Varro in the TV series Spartacus?
Yeah. I've never done training like that since. It was the closest thing to torture I'll ever experience. It was a great challenge. There was more pressure then because I was basically in my underwear, all day, every day.

So you had to look good...
Exactly. And there's no better motivation than 30 ripped up guys around you as a means to work hard.

Did you do anything specific in terms of your diet and exercise for Die Hard?
Embarrassingly, I've always approached working out a little bit casually. I'm a bit of a wuss when it comes to that sort of stuff. You just have to cut the carbs and hit the gym a little. I was doing a lot of low impact cardio — like walking and jogging. I'd go first thing in the morning — before having anything to eat. It starts up your body engine and speeds up your metabolism. I did a little bit of weight work. But ever since Spartacus, I've not worked with a trainer. I don't want to be pushed that hard. I'm too fond of beer and pizza to live my life by that kind of code.

Which of the stunts did you do?
We did pieces of just about everything. But it's unfair not to credit the 20 to 30 doubles and stunt coordinators that help make them look really cool.

So did you actually do anything?
Absolutely. We're jumping out windows, crashing the vehicles and getting into fights — the debris tube, flying down that thing. But insurance companies would have something to say if we tried to attempt it all ourselves.

Courtney suffered a self-inflicted injury on set. HANDOUT

Did you get any injuries on set?
None that I have any cool stories about. The only injury I got — and it was self inflicted — there's a moment in the car chase when I punch the steering wheel ... and I shredded my knuckles on the Mercedes-Benz badge.

There is a lot of punching, not just from you. Did you guys have punching training?
There are a few punches going around. All that stuff is choreographed — it's like learning a dance. The steering wheel one was kind of stupid.

Did you punch it — for real?
I punched the sh— out of it. Our director, John Moore, was trying to get me worked up because that's cutting in a moment when Jack is hugely frustrated with his father. He was like, 'Feel free to punch the wheel.' So I went for it. I remember looking at the Mercedes sign and seeing chunks of my skin in it. It hurt.

Willis is on his fifth Die Hard — this is your first. What tips did he give you for being the perfect John McClane Junior?
He didn't give me any tips. The kind of knowledge and wisdom that he passed on to me was more organic. I just learned a lot from working with the guy. It wasn't, 'Come here boy, let me show you how to do it.'

You fought Tom Cruise in Jack Reacher and lost. Could you take him in real life?
I'd give it a red hot go! He's pretty skilled, man. Who knows.

He's skilled, but he's so tiny!
That doesn't always equate to winning a match. What do they say? 'It's not the size of the dog in the fight, it's the size of the fight in the dog.'

So could you win?
I don't know. Maybe we can go toe-to-toe again sometime.

You were a kid when the original Die Hard movie came out. Which movie is your favourite?
Number 1. Not only is it the introduction to this iconic franchise, it's a quintessential action film. Great villains. It set up this convention of wisecracking humour balanced with epic action. And introduced this everyman we've come to love — John McClane.

Willis' catchphrase: I have trouble pronouncing it: yippee ki-yay.
You can't say Yippee ki-yay!!??...

How come you don't have a catchphrase? Make one up now.
I have no idea. I'll leave it to the professionals. We'll see whether something comes up if I get to reprise the role…

3 LIFE

Flights are from Toronto via Air Transat or CanJet. Prices shown are per person, based on double occupancy in lead room category. Space and prices are subject to availability at time of booking and subject to change without prior notice. Taxes and fees are extra and noted above. For full descriptions and terms and conditions, refer to the Nolitours 2012-2013 Sun brochure. Nolitours is a division of Transat Tours Canada Inc., and is registered as a travel wholesaler in Ontario (Reg#50009486) with offices at 191 The West Mall, Suite 800, Etobicoke, ON M9C 5K8. Tico.ca

Additional tips

- **Health problems?** If you have any medical conditions such as diabetes, hypertension, heart disease, asthma or bronchitis, it is probably better to exercise indoors than risk illness due to overexertion in the cold.
- **Stay well hydrated.** The cardiovascular system is under stress in cold weather, so filling up your tanks with a sports drink or water before you go out is always a good idea.

Are you a Healthy Person between 18 and 55 years of age?

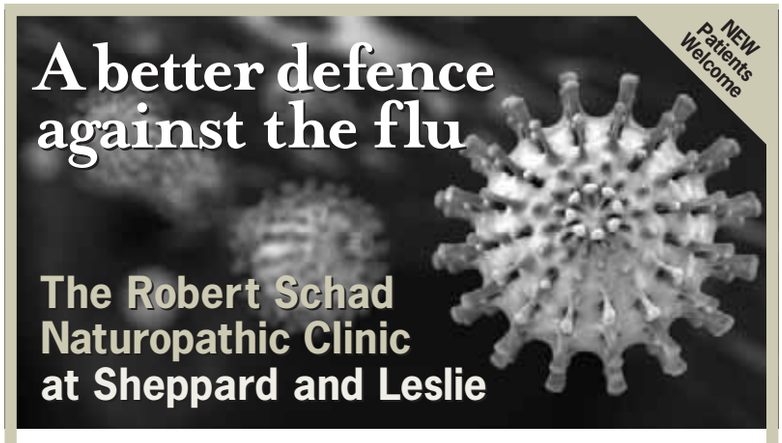
If so, we want to hear from you!

Apotex is currently recruiting healthy **men** and **women** to participate in studies on pharmaceutical products.

CALL: 416-741-4256 Toll Free: 1-877-APO-CLNC (1-877-276-2562)
Hours: 8:30am to 5pm Monday to Friday
or register online @ www.apotex.ca

- YOU WILL BE PAID upon completion of the study
- Compensation may range from $800 to $3900 depending on the length of the study

APOTEX ADVANCING GENERICS



As the leader in naturopathic education and research, the Canadian College of Naturopathic Medicine's Robert Schad Clinic is a great source of holistic care.

Cold and flu season is coming and you can reduce your risk by boosting your immune system. At the **Robert Schad Naturopathic Clinic**, you'll learn how to optimize your health using naturopathic therapies such as **botanical medicine, lifestyle management and clinical nutrition**. Naturopathic medicine can also help manage your cold and flu symptoms and reduce your discomfort through such therapies as hydrotherapy and traditional Chinese medicine.

For more information or to make an appointment visit www.rsnc.ca or call 416-498-9763.

ccnm CANADIAN COLLEGE OF NATUROPATHIC MEDICINE

1255 Sheppard Avenue East (at Leslie Subway Station)

On-site Botanical Dispensary • BODY AND MIND • Parking Available

Outdoor running is a great way to avoid all those viruses circulating at the gym, but there are some dangers. ISTOCK

Cool runnings

Exercise. Jogging in the winter is a great way to stay fit, but beware of the hazards on the path to health

MEREDITH ENGEL
Metro World News in New York

You've made a resolution and want to get rid of those extra pounds, but how to get started? Staying fit by exercising outdoors in cold winter weather brings on some unique challenges. Here are some tips on the hazards of outdoor fitness, and how to avoid them:

Frostbite

Exposed skin surfaces and extremities are susceptible to injury from contact with cold air, as the circulatory system naturally diverts warm blood away from cold skin in order to keep your core temperature constant.

Nose, ears, lips, fingers and toes are particularly sensitive areas and should be covered and insulated when exercising in cold winter weather less than 5 C, and even more so when it is below freezing or windy. Warm hats, scarves, face masks, mittens — which are better than gloves because your fingers keep each other warm — and wool socks should all be a part of your winter fitness wardrobe.

You may also consider hand warmers for inside your gloves. Because of the risk of frostbite, never exercise outdoors with exposed arms or legs for more than a few minutes on below freezing days.

Hypothermia

It doesn't need to be freezing outside to become hypothermic. Wind draws heat away from your body even faster, and so susceptibility to hypothermia is greater on windy days.

Make sure that if you are exercising outdoors in the cold, you wear multiple layers of clothing so that you are neither too cold, nor too warm. Perspiration can cause your clothing to become wet, so strip off layers as you warm up. Evaporation from wet clothing can cause even faster loss of body heat, and makes the risk of hypothermia greater.

YOU COULD WIN 1 of 3 Louis Vuitton Designer Hand Bags

To register and for full contest details visit clubmetro.com

VISIT clubmetro.com TO ENTER

RE/MAX
RE/MAX ULTIMATE REALTY INC., BROKERAGE
Not intended to solicit anyone under contract. Each office independently owned and operated.

Omar Ibrahim
Sales Representative
416-487-5131
www.listwithomar.com

"List with me to make home buying stress free!"

Best Health

Whiten your teeth with care

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

While safe in the short-term, no one knows if tooth-whitening products cause harm in the long run. ISTOCK

In the March/April issue of Best Health magazine, on newsstands now, writer Lisa Bendall looks into the various teeth-whitening products available at the drugstore and your dentist's office. Here's a snapshot:

The products you leave on your teeth for five, 20 or 30 minutes — the strips and gel trays, for example — are designed to restore teeth's enamel by removing dirt and debris. These products all contain hydrogen peroxide, which releases oxygen molecules in your mouth that react chemically with staining materials and lift them off.

But the strength of the hydrogen peroxide varies widely depending on the product: It's typically from three to 15 per cent in drugstore products, and anywhere from 15 to almost 40 per cent at the dental office. So, can it immediately damage the tooth's enamel? That's a myth. According to North Vancouver dentist Dr. Bruce Ward, "There's no evidence of damage in the short-term." It's not yet known whether extreme or long-term use can cause harm. And homemade whitening formulas made with lemon juice, baking soda or crushed strawberries are not a good idea as they bathe teeth in acid.

"You could end up with more sensitive teeth, and lose some tooth structure," says Ward.

For more info about how various products work, see the March/April issue of Best Health magazine, now on newsstand–or check out our new iPad edition! **TO CLAIM YOUR FREE COPY OF A FUTURE ISSUE OF BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA/METRONEWS.**

The Plan. Is healthy food making you fat?

CELIA MILNE
life@metronews.ca

Can't lose weight?

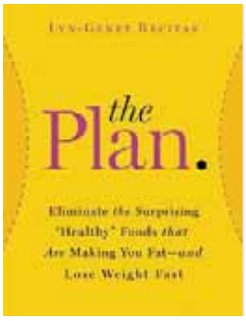
The culprit may not be chocolate or cheese, according to the author of a new book. It may be one of your so-called "healthy" foods, such as green beans. Finding and eliminating the foods that are bad for you is the theme of The Plan, written by New York holistic practitioner Lyn-Genet Recitas.

"There's no such thing as a healthy food, only what's healthy for you," says Recitas, who was recently in Toronto promoting the book. "It is pretty amazing when you gain a pound from asparagus or salmon because it doesn't work for your chemistry."

In The Plan, Recitas suggests first cleansing the body for a few days and then starting to introduce foods to see whether they are "friendly" or "reactive" for you.

Recitas guides readers through her program using detailed meal plans and recipes.

"I am teaching you to listen to your body. It may be saying, 'Please don't feed this food to me.'"



The usual suspects

- Foods that don't work for your chemistry, Recitas says, can cause weight gain, fatigue, headaches, stress, digestive discomfort, premature aging, and inflammation.
- Recitas says the worst offenders are turkey, asparagus, tomato sauce, tofu, green beans, spinach, Greek yogurt, oatmeal, salmon, strawberries and walnuts.

CROOKED TEETH and want them straightened?

You or your child may have irregular teeth, which cause you to feel embarassed when you smile! You may not have had the opportunity in the past to have them straightened. Your chance has arrived! Call today to become part of an orthodontic treatment course and qualify for a reduced fee! A qualified orthodontist and staff will render all treatment.

For a free examination appointment
Please call Bonnie at (416) 635-5821

111223

Holland Bloorview presents

filmpossible

Make a short video that changes the way the world views childhood disability

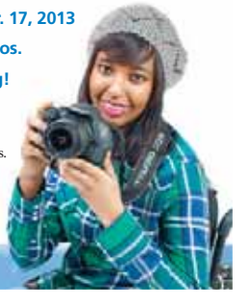
Entries accepted Jan. 21 – Mar. 17, 2013

Send us your videos and photos.

Be bold, creative and inspiring!

1st Prize Video $5,000
1st Prize Photo $1,000

Contest rules apply. See website for details.



Holland Bloorview Kids Rehabilitation Hospital Foundation
CISCO

www.filmpossible.ca

Advertisement

Finally A Weight Loss Plan That Works

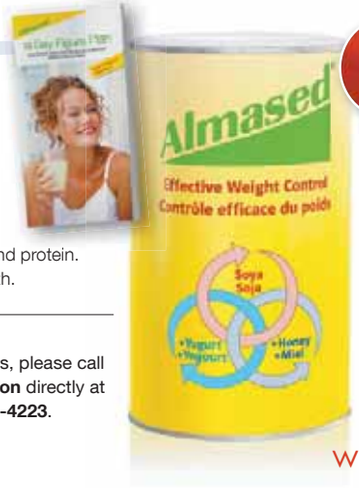
Reduce weight, inches and fat in just 14 days with Almased®

Want a fast, yet safe way to lose weight and look great? Almased offers an effective weight loss solution that boosts energy and preserves muscle mass. Its unique formula is clinically tested to support proper nutrition and quick weight loss. While other dietary supplements often contain caffeine, ephedrine or other harmful stimulants, Almased blends only fermented non-GMO soy, yogurt and honey, for a formula that allows the body to metabolize carbohydrates, fat and protein. You can also supplement your diet with Almased to maintain immune function and benefit from its metabolism-boosting benefits.

Over 10 years of scientific research shows Almased nourishes the body as it stimulates healthy, long-term weight management and overall good health. Maintain a healthy weight, promote a feeling of well-being and retain muscle mass with Almased.

7 Ways Almasedworks in the body

1. Reduces weight, inches and fat.
2. Retains muscle mass while losing weight.
3. Has metabolism-boosting properties.
4. Keeps blood sugar balanced.
5. Keeps thyroid function balanced.
6. Helps the body to metabolize carbohydrates, fat and protein.
7. Is an antioxidant for the maintenance of good health.



GLUTEN FREE, NON-GMO

...simply because it works

To find out what else Almased can do, download your free Figure Plan Guide at www.bikini-plan.com. ENTER SOURCE CODE MCA.

Available at these fine retailers and health food stores near you:

Vitapath · nutrition house · THE BIG CARROT · nature's source · Ginkgo Health Shop · healthstore locator www.healthstorelocator.com · Whole Health · S&H HEALTH FOODS

TRUE NORTH nutrition — The New Direction in Health

For retailer inquiries, please call **True North Nutrition** directly at toll free **1-800-261-4223**.

metro
RRSP GUIDE
Tuesday, February 19, 2013

In general, the amount you will need to save depends on a number of factors, including when you start saving, how much you think you will need in income upon retirement, and how much you are willing to set aside. ISTOCKPHOTO/THINKSTOCK

The earlier you save, the better

Rule of thumb. Experts recommend to try to put 10 per cent of annual income towards retirement

PAULINE ANDERSON
For Metro

If you are like many young people today, you aren't thinking much about retirement — it just seems so far away. But, increasingly, the onus is on you to look out for your future. And the earlier, the better.

A good rule of thumb is, if you are just starting out in the job market, say in your 20s, try to set aside 10 per cent of your annual income towards retirement, says Sue Neal, regional director, Investors Group, Toronto Downtown. "This will create the exercise, or the habit, of putting away a portion of your pay and not spending it."

Those in the above category, take note: Surveys show that baby boomers who are now hitting retirement age report that if they had to do it all over again, they would have started saving much earlier. As it stands, a "sizable" number of them don't start stashing away money until about a decade before they aim to retire, Neal says.

In general, the amount you will need to save depends on a number of factors, including when you start saving, how much you think you will need in income upon retirement, how much you are willing to set aside, and your "risk tolerance," or the amount of investment movement you find acceptable, Neal says.

"We come up with a formula, factoring in inflation, which is often the confusing part when you do it on your own. We can tell you that when you're this age, you will need this much money, and you need to invest in this, and to put this much money into it."

Saving for retirement is becoming increasingly important since fewer employees have defined benefit pension plans, says Lee Helkie, a partner at Helkie Financial and Insurance Services. "We see people working into their 70s, out of necessity, not because it's a hobby."

It's a tough time right now, and people have to be serious about buckling down and staying the course when it comes to contributing to a retirement plan.

"It's possible to do it, but you've got to get on it," Helkie says. And if you can't, or won't, you may have to either retire on less or work longer, she says.

Savings for retirement

$1 million

If you think you will need $40,000 per year when you retire, bank on having $1 million saved (that's right, one million), and if you can get by on only $30,000, you will still need $750,000, says Lee Helkie, a partner at Helkie Financial and Insurance Services. That's just "raw math," assuming you retire at 65 and live until 90. However, it's not accounting for inflation and other factors, Helkie says.

RSP vs TFSA. Pros and cons for financials funds

Confused about when and why to put money into in a retirement savings plan (RSP) as opposed to a tax-free savings account (TFSA)? Here is the scoop from some financial planning experts.

One advantage of an RSP is that you lower your taxable income during high income years, according to Sue Neal, regional director, Investors Group, Toronto. "You defer tax on an RSP to a time when you're retired and probably making less money and, therefore, in a lower tax bracket."

Another advantage is that you don't pay tax on the profits of funds in an RSP, whether that's interest, capital gains, or whatever, Neal adds. "It's tax-deferred growth, so it compounds on top of the compounding; that's a real benefit."

For some people, the lure of an RSP is the possibility of a tax refund. But don't forget that when you access that money, "every single dollar coming out is taxed as regular income," say Jason Abbott, president of WEALTHdesign Inc., and a member of Advocis, The Financial Advisors Association of Canada.

You can put 18 per cent of your annual income into an RSP to a maximum (find out how much room you have in your RSP by looking on your notice of assessment from your previous tax filing).

A TFSA also offers tax-free growth, but you can only put in $5,000 annually (this goes up to $5,500 next year). However, the amount is cumulative; for example, if you haven't put any money into a TFSA since this option became available five years ago, you could theoretically start one with $25,000 today.

TFSA funds are handy to have for large purchases — paying for your son's college or a trip to Europe — during retirement. "You don't want to take that money out of your RSP because, whammo, it gets added on to your T4 RIF (a popular retirement income fund option) at the end of the year," Neal says.

A TFSA might be a smart place to start if you are a student or making little money today and anticipate being in the same or higher tax bracket when you retire, Abbott says.

The ideal situation, according to the experts, is to maintain both accounts.

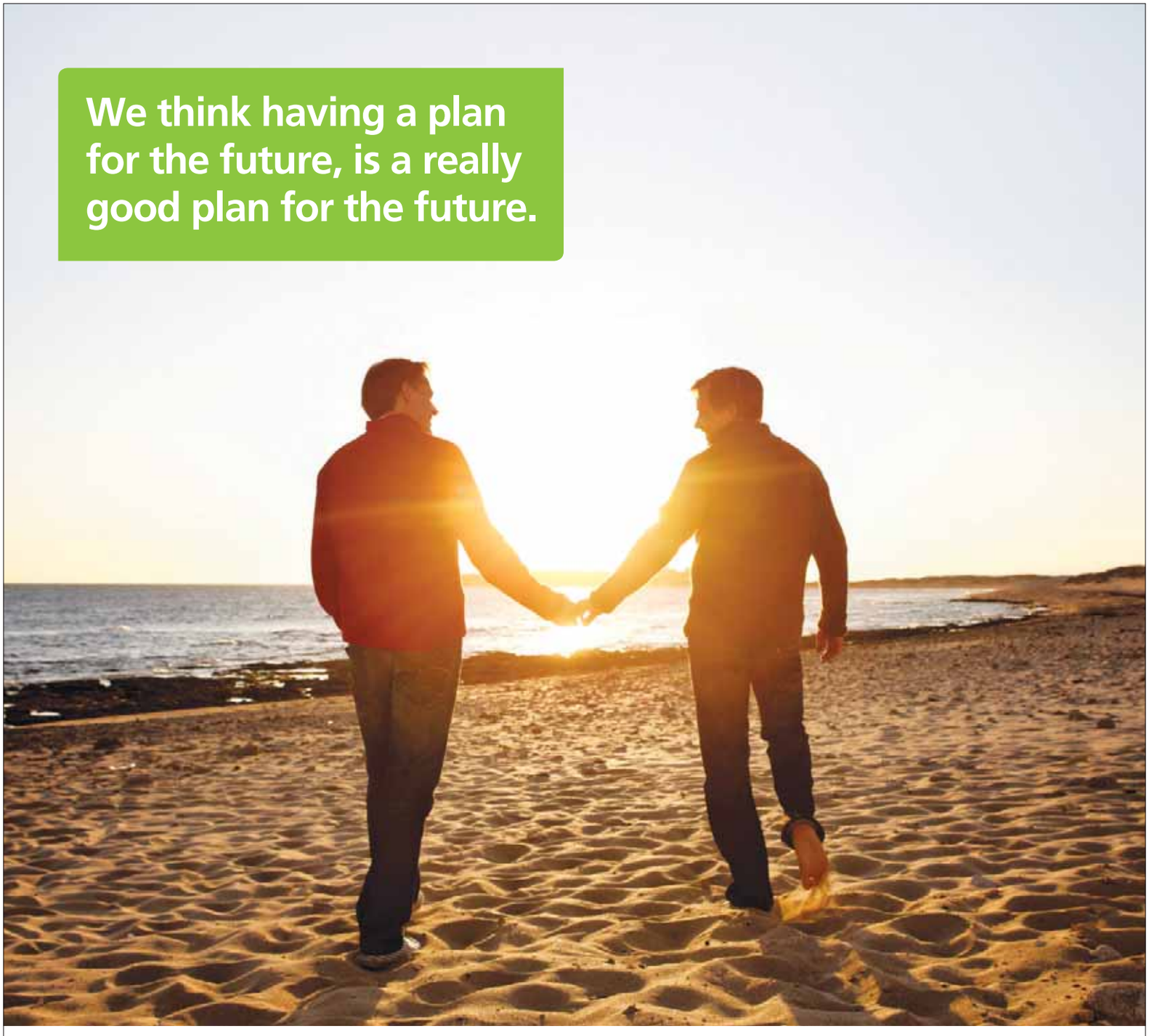
PAULINE ANDERSON

High vs. low earners

- In general, for people earning less than $30,000 per year, the "default" savings vehicle should be the TFSA, while those earning more than $70,000 should investigate RSPs "first and foremost," with a TFSA being their "second line of attack," according to Jason Abbott, president of WEALTHdesign Inc. Those earning anything in between ($30,000 to $70,000 per year) might want to have a balance of the two savings accounts, he says.

There are advantages in saving money for your retirement in both an RSP or a tax-free savings account. ISTOCKPHOTO/THINKSTOCK

We think having a plan for the future, is a really good plan for the future.



Retirement Savings Calculator Making a plan for the future begins with knowing where you are today. Our easy-to-use Retirement Savings Calculator can help you understand where you are with your current retirement savings. Then, when you come in to meet with us, we can discuss your goals and prepare a plan together.

Visit tdcanadatrust.com/yourretirement or a branch today.
Don't forget, the RSP contribution deadline is March 1.

TD

®/The TD logo and other trade-marks are the property of The Toronto-Dominion Bank or a wholly-owned subsidiary, in Canada and/or other countries.

Options. RRSPs still the top choice

TALBOT BOGGS
Smart Investing

Even with a myriad of other options, the registered retirement savings plan (RRSP) still is the cornerstone of retirement savings for most Canadians, although they may not be using it to its fullest advantage.

The newest retirement savings vehicle on the block is the pooled registered pension plan (PRPP). Designed to help the estimated 3.5 million Canadians who do not have employer-sponsored pension plans or RRSPs, the PRPP would be a great adjunct to the RRSP if and when it comes formally into being.

"At the moment we don't know a lot about the environment of the program because Ottawa and the provinces are still making their decisions about it," says Colin Montgomery, a financial adviser and certified financial planner with Edward Jones. "PRPPs alone probably will not be enough when it comes to retirement planning and individuals will need advice based on their own financial situation."

A PRPP is defined as a contribution pension system offered by a third party financial institution such as a bank or insurance company. The plan administration and fiduciary duty will be the responsibility of the financial institution, making it fairly easy for small- to medium-sized companies to set one up.

There likely will be some major differences between RRSPs and PRPPs. PRPPs, for example, are locked in until the age of 55 at the earliest, and in some provinces that may be as high as 65.

Unlike RRSPs, you can't get your money out of a PRPP once it is in and, therefore, you could not take advantage of programs like the homebuyers plan, which allows you to withdraw up to $20,000 to buy your first home, or to take out money tax-free for post-secondary tuition costs.

As well, you may not have as many investment options as you do with an RRSP. The actual investment guidelines will be set by the government and then individual plan administrators will offer products that meet those guidelines for investors from which to choose.

Contribution limits to a PRPP are the same as to your RRSP but cannot exceed your overall allowable limit. If you have $30,000 of RRSP contribution room, you could make any contributions to both plans as long as the total does not exceed $30,000.

"At the moment we don't know how the plan will be administered and how advice will be offered," Montgomery says.

"The government sets the options, the administrator sets the products and the investors make the choice."

Statistics show that Canadians are saving less than four per cent of their disposable income and, despite the billions of dollars invested in RRSPs and tax-free savings accounts (TFSA), they have plenty of room to add more to their retirement plans.

For example, only 26 per cent of eligible tax filers contributed to an RRSP in 2010.

Incentives

"Vehicles like the TFSA and the PRPP are giving people a further incentive to save for their retirement. They all are good adjuncts to the RRSP, but people need to look at their own individual situation and decide what the best options are for them."

Colin Montgomery, a financial adviser and certified financial planner with Edward Jones

While total RRSP contributions in 2010 rose to $33.9 billion, up from $33 billion in 2009, the total amount that Canadians were entitled to contribute in 2010 grew to $717 billion from $671 billion in 2009.

Twenty-one million Canadians have a total of $632 billion in unused RRSP contribution room.

"Vehicles like the TFSA and the PRPP are giving people a further incentive to save for their retirement," Montgomery says.

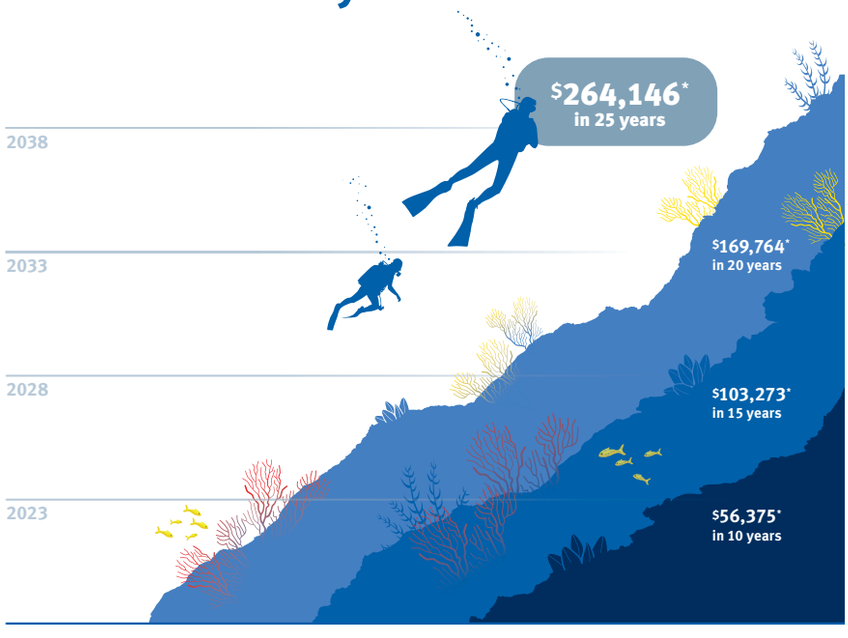
"They all are good adjuncts to the RRSP, but people need to look at their own individual situation and decide what the best options are for them."

THE CANADIAN PRESS

TALBOT BOGGS IS A TORONTO-BASED BUSINESS COMMUNICATIONS PROFESSIONAL WHO HAS WORKED WITH NATIONAL NEWS ORGANIZATIONS, MAGAZINES AND CORPORATIONS IN THE FINANCE, RETAIL, MANUFACTURING AND OTHER INDUSTRIAL SECTORS.

RBC Royal Bank

When you've finally got the time – have the money too.



Regularly investing $75 a week opens up extraordinary possibilities.

Talk to an RBC® advisor, call 1-866-809-2775 or visit rbc.com/reef

Advice you can bank on™

®/™ RBC and Royal Bank are registered trademarks of Royal Bank of Canada. © 2013 Royal Bank of Canada. The example assumes a 7% annual rate of return in a Registered Retirement Savings Plan. Example is strictly for illustrative purposes only and not intended to be representative of the performance of any actual or future investment available to investors. Actual client returns may differ substantially.

The newest retirement savings vehicle on the block is the pooled registered pension plan (PRPP), but an RRSP is still the most popular for investors and those saving for retirement. WAVEBREAK MEDIA/THINKSTOCK

When saving for your retirement, seek out a financial adviser who can look at the big picture. ISTOCKPHOTO/THINKSTOCK

Advisers can answer questions

KRISTA SYLVESTER
For Metro

Every year around this time financial planners are bombarded with clients asking questions about RRSPs — how much should they contribute, should they pay down their mortgage or invest in RRSPs?

Financial adviser Joe Lee-Owe, president of McClary Financial in Calgary, says there is a broad spectrum of clients, ranging from those who maximize their RRSPs and those who don't. He says while there are no easy answers when it comes to RRSPs, he recommends people seek guidance from an adviser who is looking at the big picture.

"It depends on total taxable income, current tax deductions, marginal tax rates, long-term employment plans and retirement goals," Lee-Owe says. "The amounts and strategies vary for each individual and household."

Lee-Owe generally starts by advising clients on how much they should direct to savings in general, and from there determine where the savings should be placed, whether it be a tax-free savings account, open a non-registered account or RRSPs.

Lundgren & Young Insurance financial adviser Robert Eagleson says, generally, the higher the income, the more benefits people will receive from RRSP contributions.

"I read today that Calgarians contribute more than the average, which is not surprising as this is a fairly affluent city," he adds.

How much Canadians need generally depends on how much they make. For example, someone earning $80,000 per year who wants to retire with 75 per cent of their income would need to do the math and calculate the lump sum they would need at retirement given the variables.

But Eagleson says most people need to plan to retire with $1 million — a sum he thinks anyone will need to retire comfortably.

However, even though there are tax benefits to RRSPs and retirement savings benefits, it is possible to contribute too much, according to Lee-Owe.

"I have come across many clients well into their retirement that have contributed too much money in their RRSP's," he says, adding it could become subject to a steep tax rate if the RRSPs don't get spent.

Numbers and facts

- The government started RRSPs in 1957 to encourage Canadians to save for retirement.
- 5,956,010 — number of Canadians who contributed to an RRSP in 2010.
- More than five per cent of Canadians did not make an RRSP contribution in 2012.

Dividing assets when you split up

"Till death do us part" sounds great in theory, but what happens to those coveted RRSPs when you — dare we say — divorce?

Divorce is extremely difficult in the best of times, but it can get even more complicated when you factor in finances, investments and RRSPs, which is why it's important to arm yourself with knowledge.

Jacques de Muelenaere, a financial planner with Winnipeg's Millstone Financial, says RRSPs are treated much in the same way all assets will be treated in a divorce, and RRSPs can be divided.

"A divorce settlement can be a long and drawn out process, but once settled both parties will be bound by it," he explains. "Whether they agree or not doesn't change the terms of the settlement."

De Muelenaere says RRSPs don't receive any special attention during a divorce, but it might make sense for the partner without a pension to request the RRSPs. Often, one person will end up with a portion or bulk of the "family" RRSP, but the process can get complicated and industry insiders, including divorce lawyers, don't typically make the recommendation to split the funds.

"Every situation is unique and a financial planner can help with these decisions," he says. "But, ultimately, it will come down to being part of an overall strategy to split the assets in a fair way."

Once the divorce is settled, any amount that needs to be transferred from one spouse's RRSP account to the other is completed with the help of a Canada Revenue Agency tax form. It's important to know that dividing the funds as a result of divorce won't create a tax issue, but withdrawing the funds from the RRSP without the help of a Canada Revenue Agency tax form can create issues.

"This ensures that the money is kept sheltered in the transfer and doesn't trigger any taxes when it leaves the other account. Whether the RRSP is in a spousal account is irrelevant for this process."

Divorcing couples will ultimately have to decide what is more important to them when dividing assets. Would they rather have the family home, or the future retirement nest? Each couple will have to decide that for themselves.

KRISTA SYLVESTER

Divorce can complicate matters when you factor in finances, investments, and RRSPs. MARIA TEIJEIRO/PHOTODISC/THINKSTOCK

RRSP Deadline March 1, 2013

Shop.
Bank.
Invest.

Ask us† about Index Mutual Funds for your RRSPs.*

Call 1-888-236-6358 or visit an in-store pavilion today.

pcfinancial.ca/invest

President's Choice FINANCIAL®

* Commissions, trailing commissions, management fees and expenses all may be associated with mutual fund investments. Please read the prospectus before investing. Mutual funds are not guaranteed, their values change frequently and past performance may not be repeated.
® PC, President's Choice, PC Financial and President's Choice Financial are registered trademarks of Loblaws Inc.
† President's Choice Financial personal banking services are provided by the direct banking division of CIBC.

Get saucy to your liking with Salmon Teriyaki

ROSE REISMAN
for more, visit rosereisman.com

This is the number one choice for clients of my catering company.

As an alternative, grill the fish and serve the sauce separately. Use the sauce over chicken as well.

Ingredients

- 1/4 cup packed brown sugar
- 2 tbsp low-sodium soy sauce
- 1 tbsp water
- 2 tbsp rice vinegar
- 2 tsp sesame oil
- 2 tsp cornstarch
- 2 tsp minced fresh garlic
- 1 1/2 tsp minced fresh ginger
- four 4-oz portions skin-on salmon fillets
- 2 tsp sesame seeds
- 3 tbsp chopped cilantro or parsley

This recipe serves four. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

1. Preheat the oven to 425 F. Line a rimmed baking sheet with foil and spray with cooking oil.

2. Whisk the brown sugar, soy sauce, water, vinegar, oil, cornstarch, garlic and ginger together in a small saucepan. Cook over medium heat until thickened and smooth. Remove from the heat.

3. Place the salmon, skin-side down, on the prepared baking sheet. Spoon half the sauce over the salmon. Sprinkle with sesame seeds. Bake in the centre of the oven for 10 minutes per inch thickness of fish, or until the fish flakes easily when pierced with a fork.

4. Garnish with cilantro and sesame seeds and serve with the remaining sauce on the side. ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

The truth about Vitamin D

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

This month, anyone who lives north of sunny Atlanta is sunshine starved and therefore Vitamin D deficient. So, unless you have plans to fly south soon, you had better have a backup plan.

Milk (and some brands of milk products, like yogurt) are Vitamin D fortified.

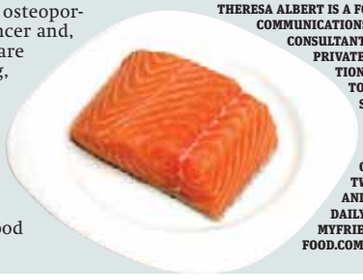
But, the amounts aren't high enough to ensure you are topped up to a protective level to prevent osteoporosis, cancer and, studies are showing, many other chronic illnesses.

Here are some good sources:

1. **Salmon**
2. **Cod liver oil**
3. **Liver**
4. **Eggs**
5. **Caviar**
6. **Greek caviar dip taramosalata**

Keep in mind that enjoying all of these foods each day nets you only about half of the recommended amounts: two glasses of milk, a serving of salmon and an egg a day.

Get as much as you can from your plate and glass but remember Vitamin D is one of those nutrients you may want to consider supplementing — or flying south to get!



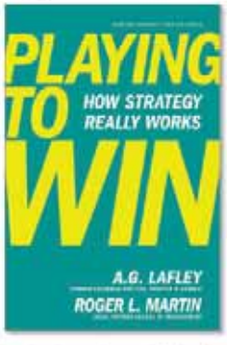
THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

IN CONVERSATION

Roger L. Martin

Tuesday, February 26th, 7pm

Indigo Manulife Centre



Discover five strategic choices that will be the key to your success. Join Indigo's Chief Booklover Heather Reisman in conversation with **Roger L. Martin**, Dean of the University of Toronto's Rotman School of Management, about his new book, *Playing to Win*. Book signing to follow.

Indigo

55 Bloor Street West | Toronto ON | (416) 925-3536

Visit us at indigo.ca/events and twitter.com/indigogreenroom

Dream date turn into a nightmare?

How romantic. Metro readers share some dating disaster stories

This couple probably won't live happily ever after. ISTOCK IMAGES

Valentine's Day has come and gone, but love is still in the air for Metro readers who were all too happy to share their dating stories; though these tales are more full-on disasters than happily-ever-afters.

Mike Kozubski
I had been talking to this girl on the phone who I met on a dating site about a year after splitting from my wife, and thing things were going great.

I asked her out a few times, but every time she said to just come over, so one day I did. But when I got there, her place was a mess and all she wanted to do was get high and have a good time like a teenager. This woman was the same age as me, but still acted like she was 16. She had other guys phoning non-stop and she would stop and answer their calls to make dates, then try coming back to make out with me. It was too much to handle, and I finally blew my top when I learned that she had just broken up with a 16-year-old and walked out.

Taggart Romkey
I stopped e-dating because I kept attracting weird and creepy people. I met this one girl who was my age (26) online. We decided to meet up, which was a bad idea. She showed up at Second Cup with a pacifier in her mouth, I kid you not. She told me she wanted me to be her daddy. I have since blocked her on my phone and Skype. She and a few other creepy crawlers made me decide to avoid online dating.

Kris
I met a guy and just a few minutes into the first date, he said to me, perfectly deadpan, in the middle of a Tim Hortons: "I like to clean and do household chores for dominant women." I just said, "Hmmm. That's not quite what I'm looking for, I'm gonna go now!" Thank goodness my next date was the one who turned out to be my husband. METRO

We're not filling up on appetizers

Dear Mr. Butler:
I don't understand why people serve appetizers before dinner. I find that it generally either fills me up or my guests just eat them and then don't appreciate the dinner I made for them. What's the point and what are the guidelines?

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Now in my opinion most hosts confuse a cocktail party from the cocktail hour.

First, the "cocktail hour" before a sit-down dinner is not supposed to be a long event. Ideally, 30 to 40 minutes. But since in most cases alcohol is being served so that your guests don't get drunk on an empty stomach prior to dinner, serving a small amount of food is a very good idea. This keeps both your stomach happy and whets your appetite in anticipation for dinner.

A cocktail party has no "sit-down" meal portion, so serving plenty of appetizers throughout the entire time guests are at your house drinking alcohol is appropriate and very necessary.

Remember we always need to serve food when serving alcohol. But the difference here is that since we don't have dinner, the appetizers are the meal being served, thus a great quantity is needed. But remember, no matter what, appetizers should be one bite, maximum two, NEVER MORE!

The larger the appetizer the harder it is for people to eat, and this makes people both uncomfortable and often avoid a particular food item as they are afraid to make fools or a mess of themselves in the middle of your living room.

One bite, two bites, but never, ever more. ISTOCK IMAGES

Canada: The cybershopping juggernaut

Alison on Money. After years of growth, is online shopping the new norm?

YOUR MONEY
Alison Griffiths
money@metronews.ca

Canadians are cyber-shopping obsessed. According to a June 2012 MasterCard Spending Pulse Report, e-commerce grew by an astounding 24.9 per cent in the first six months of 2012 compared to the same period in 2011. At the same time the general economy grew a modest 2.2 per cent.

My own shopping habits have fallen in line with the statistic. In the past year, I've ordered everything from fresh roasted organic coffee to vegetables, supplies for my horses and wine.

Cyber shopping is a trend that was widely predicted before the dotcom crash of 2000. The old economy, bricks and mortar, was going to wither away and be replaced by new economy, Internet-based businesses.

But it didn't happen. At least not then. However, change sneaks up on you, and makes itself evident with a big bang. The seemingly overnight disappearance of video stores comes to mind. And once golden Best Buy suddenly became the place for window shoppers who then beetled on home to buy online.

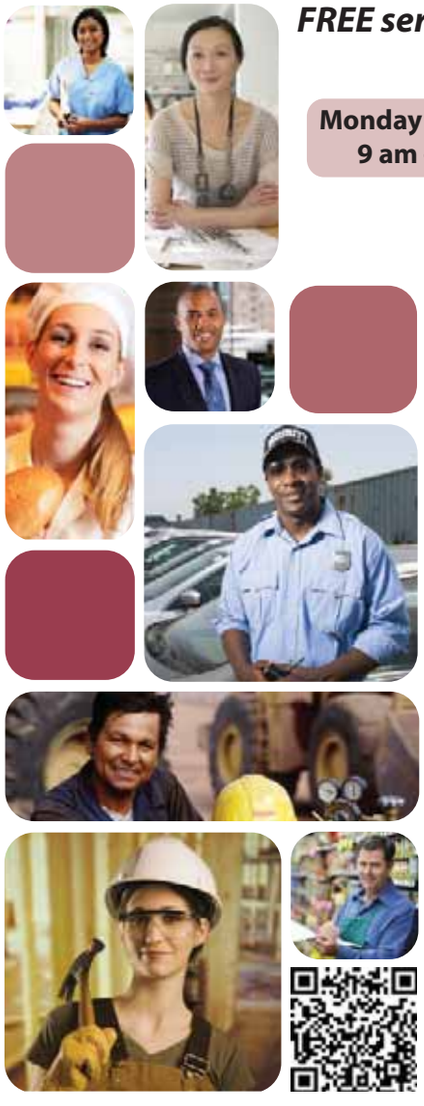
The Best Buy experience proves the point that many consumers still like to see an actual physical specimen, especially with big-ticket items. Internet research and marketing company WWW Metrics notes that retailers with both a physical and online presence saw high dollar item growth of 23 per cent last year while online-only retailers reported nine per cent. It's hardly surprising. Who wants to shell out a large sum when you can't kick the tires? I recently priced gazebos online, but didn't want to pay $4,500 sight unseen. I finally chose a local company, which had sample products assembled for viewing.

Selling such big-ticket items is likely the next retail challenge. Large chains like Sears and the Brick have gone one way by rolling out smaller stores specializing in beds and appliances. Lowes and Home Depot have taken a different route, offering a limited physical array in categories such as carpeting, kitchen and bathrooms with far more product available through special order or online only. Ironically booming e-commerce may make the biggest bricks and mortar chain of all, Walmart, even more dominant thanks to its already strong Internet presence.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Next-Steps Employment Centres

Unemployed? Looking to Hire? We can help!



FREE services for job seekers and employers.

Monday to Friday
9 am - 5 pm

Don Mills
416-395-5101

Downsview
416-395-9559

Dundas-Dixie
905-896-2233

Mississauga Meadowvale
905-814-8406

Riverdale
416-396-2313

Scarborough
416-396-8110

Vaughan
905-851-6551

www.next-steps.ca

NextStepsEmploymentCentres

@NextStepsEC

Operated by Toronto District School Board

EMPLOYMENT ONTARIO

This *Employment Ontario* service is funded by the Government of Canada

RRSPs

Build your savings. Contribute to your RRSP regularly and take advantage of free money. ISTOCK IMAGES

The season for saving

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

If you haven't already noticed from all the chipper television commercials lately, it's Registered Retirement Savings Program (RRSP) season! Now is the time to rush to your financial advisor's office and make a contribution for the 2012 tax year.

What's the big rush? Each year you have until March 1 to contribute to your RRSP and have it count toward the previous tax year.

Contributions are fully tax deductible and they grow tax-deferred until withdrawal; typically when you retire. The greater the amount you contribute, the more income you get to deduct from your tax return. Rather than forking over thousands of dollars in taxes to Revenue Canada, you can invest these saved dollars within your RRSP.

And, the benefits of contributing to an RRSP don't stop there.

The law of reinvested returns states that more money grows larger and faster than less money; when invested in a portfolio that is properly allocated based on your personal needs. Thus, keeping more of your money, rather than paying it out in taxes, significantly increases your nest egg.

If you're over the age of 18 and have current government issued identification, you can open an RRSP account through your local bank or financial advisor. Often times employers will provide RRSPs or an equivalent tax-advantaged retirement savings program.

Once your account is opened, individuals can contribute up to 18 per cent of their income, up to $22,970 for tax year 2012, and the limit can sometimes vary depending on your pension program at work . If you can't maximize your RRSP limit, you can carry-forward the contribution room indefinitely.

For most young people, contributing the maximum is nearly impossible. But, don't fret. Build RRSP savings over the long term by contributing regularly on pay-day and increasing your contributions annually until you reach your maximum limits. Sometimes employer retirement savings programs will even have a matching component.

So sign up and take advantage of free money!

Please sir, can I have some more?

Raise your voice.
How to plead for a few extra pennies without risking your position

KELLY PUTTER
careerbear.com

Always be prepared: a golden opportunity may await you. ISTOCK

You want a raise so badly that you've decided you'll threaten to quit if your negotiations don't net you a fatter paycheque.

Bad idea, says Alan Kearns, founder of CareerJoy, a national career coaching company in Toronto.

"Don't threaten your boss because 98 times out of 100, it won't work," Kearns says. "Nobody likes to be put in a corner."

Instead, play it cool. Be measured, rational, calm, even a bit calculating, and consider these eight tips from Kearns to help you barter your way to a pay hike:

Know where you are

Sounds obvious, but many don't. How much money do you really earn? Does that figure include bonuses, benefits, car allowances, vacations? Look at everything that has a dollar value and add it up.

Think about why you want to negotiate

Do you really want more money or more time off? Perhaps you'd like to downsize your responsibilities or want a different position in the company. Now is the time to look at other rewards such as requesting an office with a window or company-paid parking. Negotiating an increase is a great time to discuss your responsibilities within the company, where you've been and where you see yourself going.

Know your market value

Check job ads and industry associations. Put together a mini business plan, perhaps in your mind only, as to what salary range your position typically nets.

Get a commitment

If your boss doesn't immediately agree to a raise, you need to know what happens next.

- Does he or she need to confer with someone else? Who makes the final decision? And try to get a timeline around the next step.

Consider why your boss would give you an increase, then consider why he or she wouldn't

Prepare rebuttals to overcome these potential obstacles.

Practise your pitch

Great actors usually rehearse, and this is no different. Pay attention to your tone of voice and get your choice of words down. Remember, it's not so much what you're asking, it's how you present your request. Rehearse in front of a mirror first and then ask a trusted friend or relative to provide feedback.

Pick the right time

Some people are fired up first thing in the morning, while others don't come alive until after noon. Know when your boss is most available and likely in a receptive state of mind — then book your appointment.

Bring out the hardware

To remind your boss of your accomplishments, don't forget to supply documentation about your achievements over the last year. That means emails, data, and yes, even trophies (or mentions of), if applicable.

The great web of work

- Career Bear is Canada's premier source for people who want a new career but aren't sure where to start.
- Visitors to the website can browse careers by industry, salary, outlook or alphabetical listing and find job profiles, quick career facts and training programs near them.

Devon Carrow has eosinophilic esophagitis, caused by an allergic white blood cell that grows in his stomach and esophagus. That in combination with anaphylactic shock syndrome makes leaving his home base risky.
DAVID DUPREY / THE ASSOCIATED PRESS

Saved by the bot: At school via screen

Eye robot. New technology may be a means to ensure that no child is left behind

In an elementary school hallway, a teacher takes her second-graders to the library, leading a single-file line of giggling boys and girls that's perfectly ordinary until you get to a sleek white robot with a video screen showing the face of a smiling, chubby-cheeked boy.

Devon Carrow's life-threatening allergies don't allow him to go to school. But the four-foot-tall robot with a wireless video hookup gives him the school experience remotely, allowing him to participate in class, stroll through the hallways, hang out at recess and even take to the auditorium stage when there's a show.

What's most remarkable is how unremarkable this gee-whiz technology is viewed by his classmates. In a class of seven-year-olds raised on video games, avatars and remote-controlled toys, they don't see a robot. They just see Devon.

Just before class one recent day, a girl leaned toward the robot to tell Devon the joke making the rounds at Winchester Elementary School in West Seneca, N.Y. — Why did the boy eat his homework? The teacher told him it was a piece of cake. That Devon isn't actually there is barely acknowledged. While making get-well cards for him during a hospital stay last year, his classmates all drew him as a boy, not a bot.

"In the classroom, the kids are like, 'Devon, come over, we're doing Legos. Show us your Legos,'" says Dawn Voelker, Devon's teacher. "I wondered how the little kids would take to him, thinking they'd be amazed," adds Kathleen Brachmann, the school's principal. "But I think kids are so tech-savvy now that they accept it more than we do."

Even Devon doesn't quite get what all the fuss is about. Steering the four-wheeled robot through school and spinning around to see his classmates is just another mouse-and-keyboard challenge. "It's so cool because it's like playing a game on the computer," says the boy with a mop of curly brown hair who always seems to be smiling. "It's like your objective is to just survive."

For a year now, Devon has attended school using VGo, a robot shaped a little like a chess pawn and best known for its appearance in a Verizon television ad showing the kind of technology possible using the company's wireless network.

THE ASSOCIATED PRESS

Invention evolution

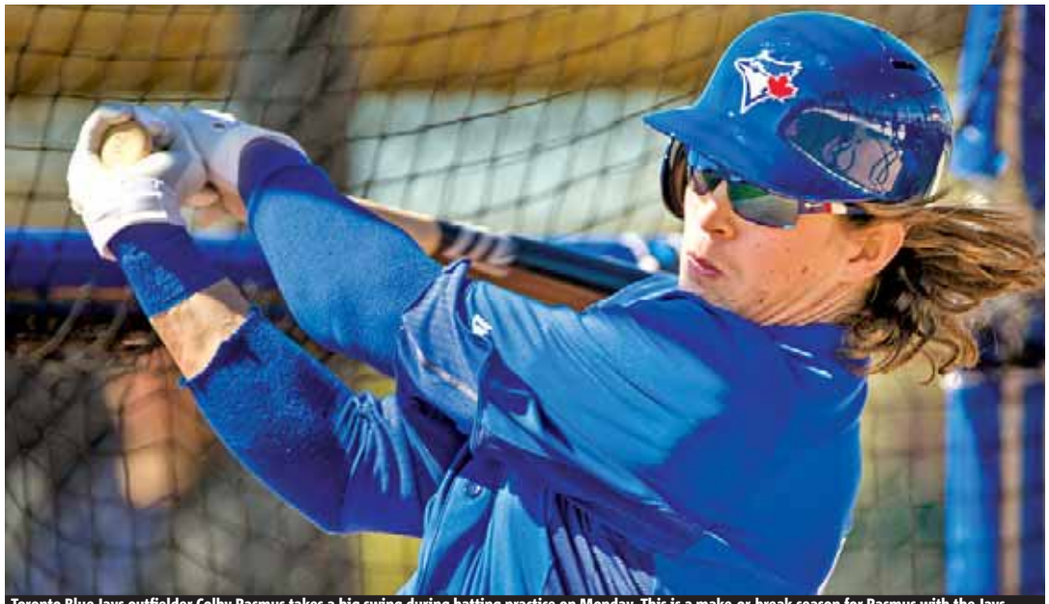
- Since the VGo was introduced in 2011 by Nashua, N.H.-based VGo Communications, a handful of students across America have used it, including in New Jersey, Wisconsin, Texas and Iowa.
- It's also attracting attention in the medical and business worlds, allowing doctors to consult with patients and workers to virtually pop into the office, even while travelling.

HUMBER
School of Applied Technology

GET YOUR HEAD INTO THE CLOUD

Mobile Device Integration Program

Mobile Device Integration - Cloud Infrastructure
www.humber.ca/appliedtechnology/MDI



Toronto Blue Jays outfielder Colby Rasmus takes a big swing during batting practice on Monday. This is a make-or-break season for Rasmus with the Jays.
RICK MADONIK/TORSTAR NEWS SERVICE

Rasmus not worried about his future

MLB. Jays outfielder says he's focused on getting better, not on securing himself a long-term deal

This is a make-or-break season for Blue Jays centre-fielder Colby Rasmus. The 26-year-old veteran, in his fifth major-league season, is right in GM Alex Anthopoulos' contractual wheelhouse for locking in core players to multi-year deals. It remains up to Rasmus to prove he's a core player and he must get it done early in the season, since the Jays are earnest in going for the gold.

However, personal job security and a guaranteed future for his family is not something that weighs heavily on his mind as camp opens. Rasmus laughs and maintains his priorities are not year-to-year, or day-to-day, but more minute-to-minute in how he needs to improve his performance.

"I like being here, but (a long-term deal) is not really in my thought process right now," Rasmus said. "My thought process is focusing on what I'm doing, five, 10, 15 minutes from now. Getting myself ready to play these games, getting myself ready for the season to start, working on my ability to play.... The World Series and the rest will take care of itself."

Rasmus had been obtained at mid-season, 2011, from the Cardinals, after a public feud with manager Tony LaRussa. He has since struggled to fit in for his season and a half in Toronto.

Working with new primary Jays hitting coach Chad Mottola, the left-handed hitting outfielder is still early on in this new teacher-student relationship. Rasmus insists the first task was clearing up "lingo," finding common language with Mottola to describe difficult concepts.

Mottola is working with Rasmus to make things as simple as possible to clear his head and raise his production to numbers long predicted.

"That's my job as a coach to make those adjustments," Mottola explained. "I want to keep things as simple as possible in their heads and not always worry about the other guy. A lot of times simple hitters are the best hitters, so I want things as simple as possible. It's working on his strengths."

TORSTAR NEWS SERVICE

Quoted

"I feel like when I've been the best is when I'm aggressive, ready to get up there, not think of nothing and just ready to whack something when it looks good."

Toronto Blue Jays centre-fielder Colby Rasmus on his approach at the plate. One of the problems he seemed to have under former manager John Farrell was the philosophy of working the count that the former Red Sox pitching coach brought with him.

AHL

Marlies stymied by Aeros goalie

Jake Gardiner felt the Toronto Marlies deserved a better fate.

Nick Petersen scored in a shootout to earn Houston a 2-1 win over Toronto in AHL action Monday afternoon. But Aeros goalie Matt Hackett was the game's first star, making 25 saves for his 17th victory of the season.

Tim Connolly's shot with just over five minutes remaining in regulation was the only one to elude Hackett. Gardiner set up Connolly's goal and felt it would be the start of something good for the Marlies.

"When he scored that goal, tied it 1-1, we had the momentum," Gardiner said. "I think the whole game we outplayed them — you can see it in the shots.

"I thought we played a good hockey game; their goalie played well, so did ours. I thought we were going to pull it out. It was a tough loss."

Toronto's Mike Zigomanis had an opportunity to end it with less than a minute remaining in overtime but put his shot over the net. THE CANADIAN PRESS

MLB

"I'm not going to lose any sleep over it. If those guys feel I deserve to be there, then I deserve to be there. If they feel I don't, then that's OK too."

Former pitcher Roger Clemens speaking on Monday about his exclusion from the Baseball Hall of Fame last month. Clemens was acquitted last year on charges he obstructed and lied to Congress in denying he used performance-enhancing drugs. The 354-game winner is at Houston Astros spring training as a special instructor.

AIR CANADA LOWEST PRICE GUARANTEE ALWAYS AT aircanada.com

STOP SEARCHING FAR AND WIDE.
For the lowest Air Canada prices, go directly to aircanada.com

PUT IT TO THE TEST.
If you find a lower Air Canada price on any other online travel retail site within 24 hours, we'll match it and credit you $50.

IT'S THE AIR CANADA PROMISE TO YOU.
You'll always find our lowest prices at aircanada.com

Book now.

aircanada.com

The Air Canada Lowest Price Guarantee is also available for bookings done by travel agents on aircanada.com/agents

Here's our promise: If, within 24 hours of completing a purchase on aircanada.com, you find a price for the exact same Air Canada flight, Air Canada Express™ flight (operated by Jazz Aviation LP, Sky Regional Airlines Inc., Exploits Valley Air Services Ltd. or Air Georgian) or Air Canada rouge flight from Canada that's at least $5 less with another Canadian online travel retailer, Air Canada will offer you a credit of $50 plus the price difference, per passenger. Codeshare flights are not applicable. Other conditions apply. For complete details, visit aircanada.com/guarantee. ™Air Canada Express is a trademark of Air Canada.

Kobe Bryant blocks the shot of LeBron James during the 2013 NBA all-star game in Houston, Sunday. The first half of the season hasn't gone as planned for Bryant and the Los Angeles Lakers, but the all-star is confident his team will fare much better in the second half. SCOTT HALLERAN/GETTY IMAGES

Bryant confident in a turnaround for lowly L.A. Lakers

NBA. Second half of season begins Tuesday with Los Angeles 10th in the West; Heat on hot streak leading East

Kobe Bryant and the Los Angeles Lakers turned their attention Monday from bad basketball and trade talk to more sombre matters.

The death of Jerry Buss, their longtime owner, was a blow for a franchise that was so often in a championship chase under his leadership. With Magic Johnson and Kareem Abdul-Jabbar, Bryant and Shaquille O'Neal, and finally Bryant and Pau Gasol, the Lakers won 10 titles since Buss became owner in 1979.

The Bryant-Gasol-Dwight Howard-Steve Nash combination wasn't working nearly as well.

The Lakers are 25-29, currently in 10th place in the Western Conference, miles behind the Clippers in their division and their own building, and out of the playoff race. Gasol is hurt and Howard has been unhappy, leading to speculation he could be dealt before Thursday's trade deadline even though the Lakers have said otherwise.

Yet Bryant spoke confidently of a turnaround Sunday after the all-star game, just hours before Buss' death at 80.

"I think we've been playing pretty well coming into the break," Bryant said. "We laid a couple of eggs there against the Celtics and the Clippers, but all in all we've been playing pretty well, much better than we have been. We just have to continue to improve and we'll do much better in the second half."

It starts Tuesday, with the Lakers looking to get back on track, the Miami Heat in command in the East and LeBron James in command of everyone.

Bryant blocked James' shots twice in the final minutes of the West's 143-138 victory over the East on Sunday in the all-star game. It was a rare failure for James, who has been sensational all season and whose Heat have hit their stride. Miami ran off seven straight victories going into the break and starting to build a comfortable lead in the conference.

New York is the closest challenger in the standings, while Indiana and Chicago have already beaten Miami this season and could become stronger with Danny Granger soon returning to the Pacers and perhaps Derrick Rose coming back to the Bulls at some point. THE ASSOCIATED PRESS

They're No. 1

At 42-12, San Antonio has the league's best record.

NBA

Buss dead at 80

Jerry Buss, the Los Angeles Lakers' playboy owner who shepherded the NBA team to 10 championships from the Showtime dynasty of the 1980s to the Kobe Bryant era, died Monday. He was 80.

He died at Cedars-Sinai Medical Center in Los Angeles, said Bob Steiner, his assistant.

Buss had been in hospital for most of the past 18 months while undergoing cancer treatment, but the immediate cause of death was kidney failure, Steiner said.

"He was a great man and an incredible friend," tweeted Hall of Famer and former Laker Magic Johnson. THE ASSOCIATED PRESS

Jerry Buss THE ASSOCIATED PRESS FILE

DEPENDENT ON OPIOID DRUGS?

If you have intravenous (IV) opioid drug experience and are NOT seeking treatment for drug abuse, you may qualify to participate in a clinical research study with hydromorphone.

We gladly accept participant referrals.

Financial compensation for completing the study.

inc Research®

www.studies4u.com
416.640.4004 • 1.866.222.8063
720 King Street West, 7th Floor (north elevators)

Service Directory / Apartment Finder

To advertise contact Ian March at 416-443-4388

FINANCIAL

OVERWHELMED BY DEBT?
CALL THE Licensed Debt Professionals™
GET OUT OF DEBT!
- Avoid Bankruptcy
- 1 Low Monthly Payment
- No Interest Charges
- Stop Collection Calls
- Government Licensed Proposal Administrators

David Sklar, C.A., CIRP, Trustee

FREE Consultation 310-9200
(NO AREA CODE NEEDED)
DAVID SKLAR & ASSOCIATES INC.
Licensed Proposal Administrators & Trustee in Bankruptcy
HEAD OFFICE: 245 FAIRVIEW MALL DRIVE, SUITE 720, TORONTO, ON, M2J 4T1
NORTH YORK • TORONTO • PICKERING / AJAX • MISSISSAUGA / ETOBICOKE • BRAMPTON
For more information visit us online at www.DavidSklar.com

CREDIT PROBLEMS?
Reduce Your Debts
Consolidate All Your Debts Into
One Small Monthly Payment & Pay NO Interest
EMPIREONE CREDIT SOLUTIONS
WE OFFER FREE CREDIT CHECKS
FREE ONE ON ONE CONSULTATION
416-900-2324
www.empireonecredit.com
SCARBOROUGH 250Consumers Rd. Suite 810
OSHAWA 286 King St. W. Suite 303
NORTH YORK 1111 Finch Ave. W. Suite 207
MISSISSAUGA 165 Dundas Ave. W. Suite 307

Consumer Loans
cln finance™
Quick and Easy approvals
Discharged from bankruptcy or consumer proposal welcome
APPLY TODAY
Tel# 416.494.1144
www.clnfinance.com

EMR Up to 90% debt reduction
We GUARANTEE to beat anyone's offer by 50% or we work for FREE*
Pay ZERO INTEREST
• Trustee's Represent Your Creditors • We Deal With All Debts • Home Service Available
416-424-1510
www.emricksolutions.com
*Some conditions may apply at EMR Debt Solutions

APARTMENT FINDER

ROYAL YORK & DUNDAS
IMMEDIATE
3 bedroom from $1750
2 bedroom from $1430
Suites renovated, parking, summer pool, close to shopping, TTC stops, hydro extra.
416.207.1792
WWW.PRINCESSMGMT.COM

FACING DUNDAS WEST SUBWAY STATION
BACHELOR STARTS FROM $839
1 BDRM STARTS FROM $1029
2 BDRM STARTS FROM $1399
A/C / Indoor Pool / Indoor Mall
Management On-site
24hrs security / Utilities Incl.
2340 Dundas St. West
416-532-3331

HEALTH

FAMILY PHYSICIANS
NOW ACCEPTING NEW PATIENTS
ALSO A WALK-IN CLINIC
ROYAL COLLEGE MEDICAL CENTRE
295 College Street at Spadina
416-925-5511
LAKESHORE WEST MEDICAL CENTRE
3-2083 Lakeshore Blvd. W. at Park Lawn
416-252-2775

REAL ESTATE

TTQ KIM NGUYEN
SALES REPRESENTATIVE
RE/MAX
West Realty Inc. Brokerage
Independently Owned & Operated
BUY-SELL
RESIDENTIAL & COMMERCIAL
kimnguyenrealestate@gmail.com
Cell: 416-880-6464
Fax: 416-588-3364

MORTGAGES
1st & 2nd Mortgages
Debt Consolidation
*Low Rates, *No Fees
Bad Credit Welcome
*CREDIT APPROVED
*terms and conditions apply Lic# 10154
MORTGAGE GENIE
www.mortgagegenie.org
416-667-9834

What would you do with $20,000?
✓College tuition?
✓Home Renovation?
✓Wedding?
You decide.
Have a paid off car 6 years or newer? You could borrow up to $20,000 the same day from *Prudent Financial.*
BorrowWithYourCar.com
PFS Prudent Financial Services
416-634-2013

DEBT RELIEF
Are you drowning with debts?
Let us help you:
- consolidate debts, low monthly payments
- settle your debts without a bankruptcy
- reduce the amount to pay back, no interest
- stop harassing creditors and collection calls

Nona Kumar
Estate Administrator
Credit Counsellor

Free Confidential Consultation
Direct Line:
416-455-7709
RUMANEK & CO. LTD.
Administrators of Proposals, Trustee in Bankruptcy & Debt Consolidation Arrangements:
Head Office in North York, ON.
Offices in Scarborough & Mississauga.
Tel: 416-665-DEBT

MORTGAGE APPROVED!
- 1st and 2nd Mortgage for any purpose.
- Refinance to 87%. Purchase to 95%.
- With rates at historic lows, now is the time to re-finance your home!
- Consolidate cards into 1 payment
- Self-employed? Stated income.
- Good and bad credit are welcome!
- Behind in Mortgage Payments?

WE CAN HELP!
HOMELAND MORTGAGE
416-519-3505
OR 647-273-5626
WWW.HOMELANDMORTGAGE.ORG
License # 11991

LEGAL

OTIS & KORMAN
IMMIGRATION LAWYERS SINCE 1992
We are a full service Immigration Law Firm and we handle all types of immigration cases
Contact us at:
416 979 0670 ext 222
info@otisandkorman.com www.otisandkorman.com

Sharability
easy — hard

PSYCHIC

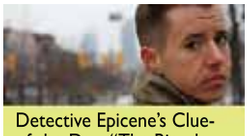
Indian Famous Astrologer
Pandit Jagadish
Pandit is specialist in all kinds of Astrology
He solves your all problems
Marriage, Business, Job, Enemy, Sexual, Family, Children Health, Love, Depression, Obaau, Vodoo etc.
I CAN HANDLE ANY PROBLEM
Remove Black Magic and Bad Luck in 2 Days and gives immediate protection
100% Guaranteed
All Religious Welcomed
647-532-8224
1290 Finch Ave. W, North York (Keele & Finch)

Pandit: Maha Deva
The Most Powerful Spiritual Healer
Solves all Problems
Love * Marriage * Kids
Education * Business* Job
Money * Health * Sexual
Family Prob * Enemy*Court
$5 Reading
100%Removing Black Magic*Evil Spirits*Obeya*Voodo*Jodo*Bad Luck*Jealousy*Witchcraft*And Gives Strong Protection...
647-709-6677
(Markham & Finch)

Mr SAKHO
African Spiritualist
Spiritual Medium, 31 Years Experienced Specialist in Solving your emotional Problems, Removes Negativity, Reunites Lovers, Solving Legal Problems, Improving your Luck, Total Protection against unknown forces, Success in Business Etc.
Gives you new direction in your Life.
416-785-3499
Effective Results

Mr. IBRAHIM
AFRICAN PSYCHIC MEDIUM
I can help you out of despair.
Reunite lovers forever
Happy Marriage.
Stop divorce, stress & depression.
Success in business.
Court cases.
Protection against evil.
Remove bad luck.
Hopeless cases.
OVER 27 YEARS EXPERIENCE
QUICK RESULTS
BY APPT. 416-783-3910

Mr SETY, African Spiritual Healer
I can help you if you have love or family problems or bad luck in business.I can bring your lover back to you quickly and remove all negativity. There is no problem without situation.I have a solution for you.
Expert in Removing Para-normal Problems
Call me, You will Never regret it.
100% Guaranteed & Accurate Results
416-907-9321
www.Mr-sety.com


Detective Epicene's Clue-of-the-Day: "The Bicycle Opera Project peddled around Ontario last summer, performing new Canadian compositions."
murderinpassing.com

AVAILABLE ANYWHERE.
DOWNLOAD THE NEW METRO APP TODAY!
iPad | iPhone
Available on the App Store
metro

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
Your duties and chores may be restricting you to one place but don't let it stop you from looking further ahead. Start making plans now. The day when you can do something with them may not be far away.

♉ Taurus
April 21 - May 21
As an Earth sign, you usually stick with the same old routines but if you try something different today, the element of surprise could work in your favour. You may even surprise yourself by how much you enjoy it.

♊ Gemini
May 22 - June 21
The next few days will be hugely important for those Geminis who want to move up in the world. The Sun in the career area of your chart is on your side. Only fear of success can hold you back.

♋ Cancer
June 22 - July 23
Someone needs your support today. You may not entirely approve of the choices they have made but you will be there for them nonetheless. You may even be secretly impressed that they refuse to follow the herd.

♌ Leo
July 24 - Aug. 23
If you can't make others understand what you are trying to explain, don't worry about it. This is one of those times when everyone is likely to get things mixed up, but it will all make sense in the end.

♍ Virgo
Aug. 24 - Sept. 23
You might as well be more tolerant today because partners and loved ones will do their own thing whether or not you approve. In fact, if they know you object they may take delight in doing it all the more.

♎ Libra
Sept. 24 - Oct. 23
Resist the urge to interfere in other people's private affairs today. If you stick your nose where it isn't asked for and isn't wanted, you could find that you do unite the warring factions — against you!

♏ Scorpio
Oct. 24 - Nov. 22
It seems you are missing one final piece of a puzzle that has been annoying you and you may find it today. When you do, don't be surprised if the picture looks different than what you expected.

♐ Sagittarius
Nov. 23 - Dec. 21
The Sun in Pisces at this time of year makes loved ones a bit sensitive, especially to criticism, so keep your Sagittarian habit of calling it as you see it under control. You don't always have to tell the truth.

♑ Capricorn
Dec. 22 - Jan. 20
Honesty is always the best policy — but it cuts both ways. If someone says something you disagree with today, you should look at their remarks closely before you hit back. Maybe there's some truth to them.

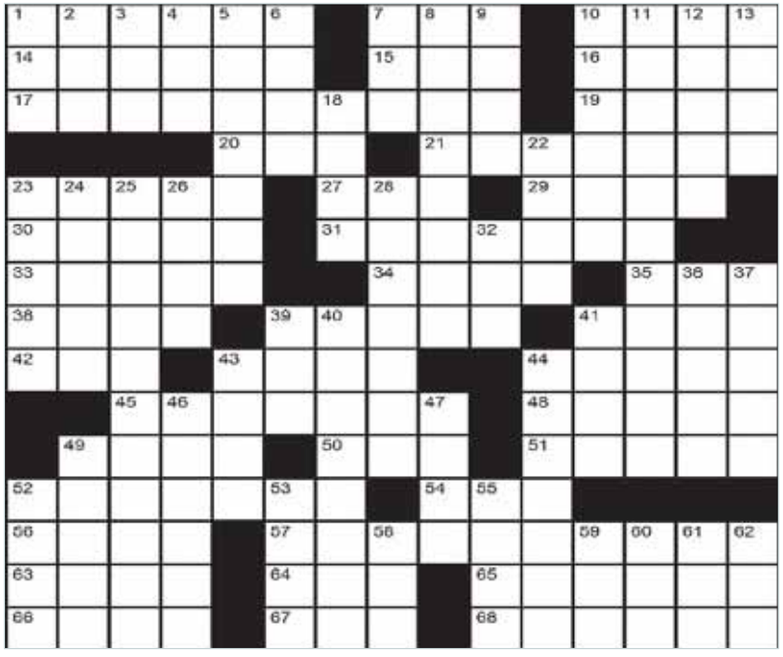
♒ Aquarius
Jan. 21 - Feb. 19
For some strange reason almost everyone you meet lately wants to be helpful, to do you favours. Should you take advantage of the situation? You most certainly should! It may be a long time before you are this popular again.

♓ Pisces
Feb. 20 - March 20
Even if you are not a particularly ambitious Piscean, the Sun's journey through your sign over the next few weeks will ignite your desire to make something of yourself. Bigger and better things await you.

SALLY BROMPTON

Crossword: Canada Across and Down

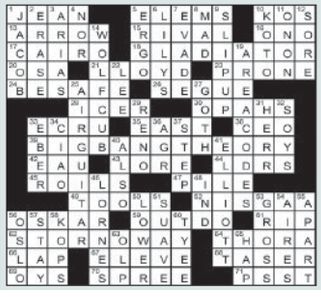
BY KELLY ANN BUCHANAN



Across
1. Canadian star of "Grey's Anatomy", __ Oh
7. Typing-efficiency meas.
10. Briefly get ready
14. Hawaiian greetings
15. "__-haw!"
16. Lively circle dance
17. Ottawa's __ Buildings
19. Departed one's bio
20. Compass dir.
21. Anne Hathaway's Oscar-nominated role in "Les Miserables"
23. Early-'80s Tom Hanks sitcom, "__ Buddies"
27. MLB's Diamondbacks, on scoreboards
29. 'Chamel' completers
30. Prefix to 'violet'
31. Most profound
33. Oscar-winner Sophia
34. Happy
35. Clock's li'l time segments
38. "The Brady Bunch" son
39. Cram
41. Laboratory bottle
42. Summer clock setting [acronym]
43. Don't pass
44. "__ bleu!"
45. "Oh What a Feeling" band
48. Signed, as a deal
49. Norse thunder god
50. Period
51. Tavern orders
52. What $20 bills are made of
54. Sault __. Marie, Ontario
56. 'Hypn' suffix
57. RRRoll Up the Rim to Win chain: 2 wds.
63. Same: French
64. Wee weekday
65. Greek Myth: Muse of astronomy
66. Some punk music fans
67. 'Enthusi' ender
68. High school in "Grease" (1978)

Down
1. Exhaust
2. Birmingham's li'l state
3. Agatha Christie novel, _ __ M?
4. FedEx rival
5. Dustin Hoffman/Tom Cruise Oscar-winning film: 2 wds.
6. Wise __ owl: 2 wds.
7. X's spelled-out follower
8. Montreal Neurological Institute founder, Dr. Wilder __
9. Prefix to 'morphosis'
10. Pics
11. Canadian actor Alan's singer/songwriter son: 2 wds.
12. "Happy Days" actress Ms. Moran's
13. Cracker topping
18. Honey drink
22. Require
23. WWII's Battle of the __
24. "_ ___..." (Prayer opener)
25. Celeb's long ride to the Oscars?: 2 wds.
26. Portland, __.
28. Frequent customer
32. Salary
36. More unique
37. Toboggans
39. Viewed
40. Captain James T. Kirk ...the 'T.' stands for what?
41. Weather __ (Barn topper)
43. Shape
44. "Mimi on the Beach" singer
46. Posh cars, Rolls-__
47. Foolhardy
49. Symbolic pole
52. Apple or pear, in botany
5. "At Last" singer Ms. James
55. __ of duty
58. "How I __ Your Mother"
59. Small amount
60. U2 song
61. Nothing
62. Pizzeria owner in "Do the Right Thing" (1989)"

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	6	9	2		4	3	7	
3	4						9	5
		6	8		2	5		
	1			4			3	
		4	9		1	2		
9	7						5	4
	2	1	5		9	8	6	

Yesterday's Sudoku

5	3	2	9	8	1	7	6	4
4	9	1	7	2	6	5	8	3
8	6	7	4	5	3	1	2	9
3	8	6	1	7	2	9	4	5
1	4	5	8	3	9	2	7	6
2	7	9	5	4	6	3	1	8
7	2	4	3	6	5	8	9	1
9	5	8	6	1	7	4	3	2
6	1	3	2	9	4	8	5	7

Today 3°/-9° Rain and snow 40%
Wednesday -5°/-11° Flurries 40%
Your #1 weather forecast now available in HD.
Check your local listings for details.
The Weather Network HD
©The Weather Network 2013

Read metrowork every Monday and Wednesday for tips and trends in education and employment.

Only in Metro. News worth sharing.

FLIGHT CENTRE® Unbeatable
Niagara Falls 2 Nights 5-Star Easter Weekend
$224 pp
Queen's Landing
INCLUDES accom overlooking the lake over Easter Weekend.
Travel Mar 29, 30/ggv. ADD Chateau des Charmes winery tour for $40.
1 877 923 2248 | flightcentre.ca
Conditions apply. Ex.Toronto. All advertised prices include taxes & fees. Hotel prices are per person, based on double occupancy for total length of stay unless otherwise stated. pp=per person. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. ggv=gogo. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384
tico.ca

CANADA'S LOWEST PRICE FOR REAL UNLIMITED

Talk about a big unlimited deal.

Join now and get a

$100 CREDIT

• OFFER ENDS MARCH 4th •

No credit check.
No contract.
No surprises.

No, really.

EverybodyTalk™

Public MOBILE™

• FIND A STORE NEAR YOU •

1-855-4PUBLIC

PublicMobile.ca

$100 credit is available only on select plans starting at $25/mth and will be applied against the monthly service payment in equal installments of $5 per month for 20 months. Not combinable with other offers. New activations only. Applicable taxes are extra. Rates and products subject to change. ™*Public Mobile, Everybody Talk*, and the *Public Mobile* logo are trademarks of Public Mobile Inc.